



GOLD STANDARD[®] FIT 40

CHOCOLATE

Nutrition Facts

20 servings per container

Serving size About 1 Scoop (41g)

Amount per serving

Calories **150**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Cholesterol 50mg **17%**

Sodium 85mg **4%**

Total Carbohydrate 4g **1%**

Dietary Fiber <1g **2%**

Total Sugars 2g

Protein 30g **60%**

Calcium 180mg 15%

Iron 0.8mg 4%

Potassium 250mg 6%

Not a significant source of trans fat, added sugars and vitamin D.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Hydrolyzed Whey Protein Concentrate), Cocoa Powder (Processed with Alkali), L-Leucine, Natural and Artificial Flavor, Lecithin, Creamer (Sunflower Oil, Maltodextrin, Modified Food Starch, Dipotassium Phosphate, Tricalcium Phosphate, Tocopherols), Sucralose, Salt.

CONTAINS: MILK, SOY.

30G
PROTEIN

4G
L-LEUCINE

2G
SUGAR

GOLD STANDARD FIT40 Protein Powder Drink Mix

- 30 G Protein to help maintain muscle mass*
- 4 G L-Leucine to help optimize recovery
- 2 G sugar naturally occurring in whey
- 20 servings
- Chocolate and Vanilla



*When taken over time with regular resistance training

GOLD STANDARD FIT40 PROTEIN POWDER DRINK MIX

The aging athlete is relentless in their sport and they aspire to remain competitive as they age. Proper nutrition is just as important in the aging athlete as the younger athlete and supplementation may play an important role. The FIT40 line of products is designed specifically for the aging athlete. The Gold Standard FIT40 product line can help support performance and recovery in the aging athlete.



OPTIMUM NUTRITION is regarded as a trusted brand in the sports performance industry. We are obsessed with quality and we are the makers of the most reviewed*, most awarded*, best-selling whey protein powder in the world-GOLD STANDARD 100% WHEY™.

*Based on consumer reviews from Amazon, GNC, Vitamin Shoppe, Bodybuilding.com, Flipkart, AminoZ, Tmall – May 2018.

*Based on Bodybuilding.com "Protein of the Year" awards 2005-2018.