



CHOCOLATE MILK
NATURAL & ARTIFICIAL FLAVORS

CORE SERIES
DIETARY SUPPLEMENT
NET WEIGHT 3 LBS (1380 GRAMS)

CASEIN

SLOW DIGESTING ANTI-CATABOLIC PROTEIN



100% MICELLAR CASEIN PROTEIN
■ 25 GRAMS OF PROTEIN*
■ IDEAL NIGHTTIME PROTEIN SOURCE*
■ ADDED DIGESTIVE ENZYME & PROBIOTIC BLEND*



Supplement Facts		
Serving Size: 1 Scoop Approx. (30g)		
Servings Per Container Approx.: 46 ±		
Amount Per Serving		% Daily Value †
Calories	110 g	
Calories from Fat	5 g	
Total Fat	0.5 g	1%
Total Carbohydrates	2 g	1%
Dietary Fiber	1 g	4%
Sugars	1 g	*
Protein	25 g	50%
Calcium	588 mg	60%
Iron	1 mg	6%
Sodium	100 mg	4%
Digestion Enhancing Enzyme Blend:	60 mg	*
Protease, Lactase		
Typical Amino Acid Profile		
(Milligrams Per Serving)		
Essential Amino Acids (EAAs)		*
L-Tryptophan	304mg	
L-Valine	1461mg	
L-Threonine	1034mg	
L-Isoleucine	1201mg	
L-Leucine	2385mg	
L-Lysine	2020mg	
L-Phenylalanine	1124mg	
L-Methionine	634mg	
Conditionally Essential Amino Acids (CAAs)		*
L-Arginine	874mg	
L-Cysteine	160mg	
L-Tyrosine	1206mg	
L-Histidine	642mg	
L-Proline	2298mg	
Glutamine & Precursors	5240mg	
Nonessential Amino Acids (NAAs)		*
Aspartic Acid	1850mg	
L-Serine	1338mg	
L-Glycine	425mg	
L-Alanine	779mg	
Other Ingredients		*
Micellar Casein, Cocoa Powder, Digestion Resistant Maltodextrin, Natural & Artificial Flavors, Sucralose, Acesulfame Potassium, Salt.		
† Percent Daily Values are based on a 2,000 calorie diet.		
* Daily Value not established.		
* The Tryptophan in this product is naturally occurring.		

† **NOTICE:** Powder density may be affected by settling which may cause variations in the scoop serving size and fill levels from bottle to bottle.

ALLERGEN WARNING: This product contains milk and soy. This product was produced in a facility that may also process ingredients containing milk, egg, soybeans, shellfish, fish, tree nuts, and peanuts.

WARNING: This product is intended as a dietary supplement only. Do not use as a sole source of nutrition.

KEEP OUT OF REACH OF CHILDREN.

FUELING ATHLETES SAFELY™

BANNED-SUBSTANCE FREE CERTIFICATIONS

SUGGESTED USE:
Mix one scoop with 10-12 fl. oz. of water, milk, fruit juice, or your favorite beverage. Take MP Casein before bed and/or between meals when slow digesting protein is required.

DEMAND MORE OF YOUR BODY- AND YOUR PROTEIN
Formulated for athletes and active individuals, MP Casein shakes are the ultimate nighttime protein source. This formula is tuned to deliver a sustained, slow release of protein and amino acids. Slow-digesting enzymes and probiotic blends repair and rebuild muscles while your body is at rest. If you're serious about performance and results, you know the importance of sleep. And while you may not eat for eight hours, MP Casein ensures your muscles are getting fed. And fed *well*.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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MUSCLEPHARM®

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MADE IN A cGMP AND NSF® CERTIFIED FACILITY

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