



COOKIES 'N CREAM
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	120 g
Calories from Fat	5 g
Total Fat	0.5 g 1%
Total Carbohydrates	4 g 1%
Dietary Fiber	1 g 4%
Sugars	1 g *
Protein	25 g 50%
Calcium	600 mg 60%
Iron	1 mg 6%
Sodium	125 mg 5%
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, Cookie pieces [Enriched Flour (Wheat flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin Folic Acid), Sugar, High Oleic Canola and/or Soybean Oil, Cocoa, High Fructose Corn Syrup, Baking Soda and/or Calcium Phosphate, Salt, Soy Lecithin, Chocolate, Vanilla], Cocoa Powder, Digestion-Resistant Maltodextrin, Natural & Artificial Flavors, Sucralose, Acesulfame Potassium, Salt, Lactase, Protease.

† 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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EXCLUSIVELY DEVELOPED
& MANUFACTURED FOR:

MUSCLEPHARM®

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MADE IN A cGMP AND NSF® CERTIFIED FACILITY
MADE IN USA