

# HIGHER PROTEIN FOR HIGHER LIVING.

**48G PROTEIN<sup>†</sup>**  
45% WHEY, 45% CASEIN & 10% EGG WHITE

**GRASS-FED DAIRY**

**NO AMINO SPIKING**  
<sup>†</sup>PER TWO SCOOPS

**5.5G**  
BCAAs

**48G**  
PROTEIN<sup>†</sup>

**OPEN LABEL**  
NO PROPRIETARY BLEND

**DIGESTIVE ENZYMES**  
INCREASE PROTEIN ABSORPTION\*

**GLUTEN-FREE**

**NO**  
AMINO SPIKING

**2.5G**  
NET CARBS\*

**YOUR ANYTIME PROTEIN**  
5.5g BCAAs & 4.7g GLUTAMINE

**2.5G PREBIOTIC FIBER**

**LOW SODIUM**

**GF**  
GLUTEN FREE

**#1**  
TASTING



REAL CUSTOMERS, REAL FEEDBACK

“Ok Let me just say that I have finally found the protein brand that I will stick with! I have literally tried every protein brand over the past three years and this company knocks it out the park! I would never rate a company a 10 unless I felt everyone should really give it a try. And Trutein is the TRUTH!”  
-Les H

Check us out online for delicious recipes, new products & more!

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\* 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.

\*\*Net Carbs = Total Carbohydrates Less Digestive Fiber  
†References: Journal Sports Sci Med. 2204 Sept; 3:126-127 & Intl Journal Sport Nutrition Exerc Meta. 2006; 16:129-152

**body**  
nutrition



**Balanced Non-Proprietary Blend**  
45% Whey, 45% Micellar Casein & 10% Egg White

**48g Pure Protein**  
Per 2 Scoops

**Sustained-Release**

# TRUTEIN<sup>®</sup>

## WHEY, CASEIN & EGG WHITE PROTEIN

*Lemon Meringue Pie*



Naturally & Artificially Flavored

**Best Taste**

**Gluten Free**

**Grassfed Dairy**

**NET WT 4LBS (1814g)**  
**PROTEIN SUPPLEMENT**

**SUGGESTED USAGE:** Mix 1 scoop (34g) Trutein in 8oz of cold water or another beverage (milk, almond milk, etc). Shake or blend for about 20 seconds until creamy. May also be used to cook with!

## Supplement Facts

Serving Size 1 Level Scoop (34g)  
Servings Per Container 53

|                                              | Amount Per Serving | % Daily Value |
|----------------------------------------------|--------------------|---------------|
| <b>Calories</b>                              | 120                |               |
| Calories from Fat                            | 10                 |               |
| <b>Total Fat</b>                             | 1 g                | 2%*           |
| Saturated Fat                                | 0.5 g              | 3%*           |
| <b>Cholesterol</b>                           | 20 mg              | 7%*           |
| <b>Total Carbohydrate</b>                    | 5 g                | 2%*           |
| Dietary Fiber                                | 2.5 g              | 10%*          |
| Sugars                                       | 1 g                |               |
| <b>Protein</b>                               | 24 g               | 48%*          |
| <b>Calcium</b>                               | 220 mg             | 22%           |
| <b>Iron</b>                                  | 1.4 mg             | 7%            |
| <b>Sodium</b>                                | 140 mg             | 6%            |
| <b>Potassium</b>                             | 80 mg              | 2%            |
| <b>NONPROPRIETARY PROTEIN BLEND</b>          | 24 g               | **            |
| 45% Whey, 45% Micellar Casein, 10% Egg White |                    |               |
| <b>DIGESTIVE ENZYMES</b>                     | 100 mg             | **            |
| Peptidase Proteolytic Enzymes                |                    |               |

\* Percent Daily Values are based on a 2,000 calorie diet.  
\*\* Percent Daily Values are not established.

**INGREDIENTS:** Trutein® Protein Blend (Pure Undenatured & Nonthermally-Processed Milk Protein Isolate, Cross-Flow Nanofiltered Whey Protein Isolate, Ultrafiltered Whey Protein Concentrate, Egg Albumen), TruFiber™ Inulin, Natural & Artificial Flavors, Citric Acid, Malic Acid, Fructose, Xanthan Gum, Cellulose Gum, Guar Gum, Salt, Protease Enzymes, Lemon Oil, Lemon Juice, Ascorbic Acid, Acesulfame Potassium, Sucralose, Soy Lecithin, Yellow #5  
**ALLERGEN WARNING:** Contains Milk, Egg & Soy Ingredients.

**MANUFACTURED BY** Body Nutrition  
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**MADE IN USA**  
**US3008546221**

**CGMP BANNED SUBSTANCE FREE**



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