HIGHER PROTEIN FOR HIGHER LIVING.

48G PROTEIN[†]

45% WHEY, 45% CASEIN & 10% EGG WHITE DIGESTIVE ENZYMES

GRASS-FED DAIRY

No Amino Spiking



What makes Trutein so special besides Our balanced blend of 45% whey, its phenomenal taste? It's our clean 45% casein and 10% egg white results label and our firm refusal to hide our in the ultimate sustained release REAL CUSTOMERS, REAL FEEDBACK whey, casein & egg proportions in a protein. While whey digests quickly in proprietary blend.

A proprietary blend is the term that other companies use to describe This means that Trutein continuously doctoring their protein powders to feeds your muscles over an extended make them appear much higher quality than they really are. For example, while other brands might boldly claim the inclusion of micellar casein & egg white, the reality is that unless the specific percentages are clearly stated Trutein perfect for breakfast, as a snack you are likely receiving 99% of the between meals, and as a post-workout cheapest whey protein concentrate and protein shake! less than 1% of the more expensive and equally important micellar casein & egg white proteins.

Trutein, on the other hand, has an entirely clean & transparent label and we reveal the exact percentages of our individual protein components. You can rest assured that you are truly receiving the highest quality formula available.

OPEN LABEL

YOUR ANYTIME PROTEIN 5.5g BCAAs & 4.7g GLUTAMINE NO PROPRIETARY BLEND

2.5g Prebiotic Fiber

GLUTEN-FREE

NO \$



about 30 minutes, egg whites absorb more slowly between 2-3 hours, and Ok Let me just say that I have finally casein digests the slowest at 6 hours.‡ 6hr period for maximum protein absorption. It also means you're going to feel full and satiated for much longer compared to regular whey, helping to And Trutein is the TRUTH keep your appetite at bay.* This makes

TRUTEIN'S PROTEIN BLEND RELEASES SLOWLY OVER TIME[‡]

MICELLAR

CASEIN

2 3 4 5 6

Hours After Consumption

These statements have not been evaluated by the Food and

‡References: Journal Sports Sci Med. 2204 Sept; 3:126-127 & Intl Journal Sport Nutrition Exerc Meta. 2006; 16:129-152

Low Sodium





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.

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

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WHEY, CASEIN & EGG WHITE PROTEIN



Grassfed Dairy

NET WT 4LBS (1814a) PROTEIN SUPPLEMENT SUGGESTED USAGE: Mix 1 scoop (34q) 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
lories	120	
Calories from Fat	10	
tal Fat	1 g	2%*
Saturated Fat	0.5 g	3%*
olesterol	20 mg	7%*
tal Carbohydrate	5 g	2%*
Dietary Fiber	2.5 g	10%*
Sugars	1 g	
otein	24 g	48%*
lcium	220 mg	22%
n	1.4 mg	7%
dium	140 mg	6%
tassium	80 mg	2%
NPROPRIETARY PROTEIN BLEND 24 g ***		**
45% Whey, 45% Micellar	Casein, 10% Egg White	
GESTIVE ENZYMES	100 mg	**
Peptidase Proteolytic Enz	ymes	
ercent Daily Values are based on a		

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 St Petersburg FL 33713 • (850) 888-B0DY

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CGMP BANNED SUBSTANCE FREE

