

# HIGHER PROTEIN FOR HIGHER LIVING.

**44G PROTEIN<sup>†</sup>**  
45% WHEY, 45% CASEIN & 10% EGG WHITE

**GRASS-FED DAIRY**

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

**5.2G**  
BCAAs

**44G**  
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**  
5.2g BCAAs & 4.5g GLUTAMINE

**2.5G PREBIOTIC FIBER**

**LOW SODIUM**

**GF**  
GLUTEN FREE

**#1**  
TASTING

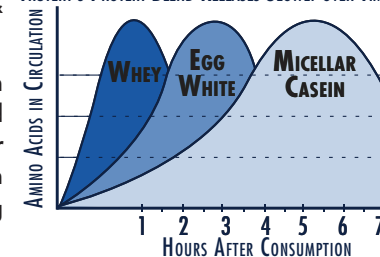
What makes Trutein so special besides its phenomenal taste? It's our **clean label** and our firm refusal to hide our whey, casein & egg proportions in a proprietary blend.

A **proprietary blend** is the term that other companies use to describe doctoring their protein powders to 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 you are likely receiving 99% of the cheapest whey protein concentrate and 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.**

Our balanced blend of 45% whey, 45% casein and 10% egg white results in the ultimate sustained release protein. While whey digests quickly in about 30 minutes, egg whites absorb more slowly between 2-3 hours, and casein digests the slowest at 6 hours.<sup>‡</sup> This means that Trutein **continuously feeds your muscles over an extended 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 **keep your appetite at bay.\*** This makes Trutein perfect for breakfast, as a snack between meals, and as a post-workout protein shake!

TRUTEIN'S PROTEIN BLEND RELEASES SLOWLY OVER TIME<sup>‡</sup>



★★★★★  
**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.

<sup>†</sup>Net Carbs = Total Carbohydrates Less Digestive Fiber  
<sup>‡</sup>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

**44g Pure Protein**  
Per 2 Scoops

**Sustained-Release**

# TRUTEIN<sup>®</sup>

## WHEY, CASEIN & EGG WHITE PROTEIN



**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>                              | 115                |               |
| Calories from Fat                            | 15                 |               |
| <b>Total Fat</b>                             | 1.5 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>                               | 22 g               | 44%*          |
| <b>Calcium</b>                               | 220 mg             | 22%           |
| <b>Iron</b>                                  | 1.4 mg             | 7%            |
| <b>Sodium</b>                                | 85 mg              | 4%            |
| <b>Potassium</b>                             | 80 mg              | 2%            |
| <b>NONPROPRIETARY PROTEIN BLEND</b>          | 22 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, Coffee, Natural & Artificial Flavors, Molasses, Cocoa Powder, Xanthan Gum, Cellulose Gum, Guar Gum, Protease Enzymes, Acesulfame Potassium, Sucralose, Soy Lecithin  
**ALLERGEN WARNING:** Contains Milk, Egg & Soy Ingredients.  
**MANUFACTURED BY** Body Nutrition  
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**MADE IN USA**  
**US3008546221**

**CGMP BANNED SUBSTANCE FREE**

