BODYBUILDING.COM SIGNATURE

A signature is a promise. A symbol of your identity. Your mark on the world. Bodybuilding.com was founded on a single promise: Trust. It's who we are and it's in our blood. Our Signature line is built on the same promise. Every product is transparent, filler-free, and formulated with effective doses of research-backed ingredients you can trust. We create the highest quality supplements, so you can focus on leaving a mark of your own.

TOTAL
Transparency

We disclose all of our ingredients and their doses, so you always know exactly what you're putting into your body.

EFFECTIVE
Doses

Signature products include the amount of an ingredient that has been shown to deliver results. No more, no less.

RESEARCH
Backed Ingredients

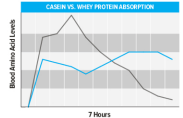
Trendy ingredients come and go, but our time-tested, gym-proven ingredients will help you achieve your goals.

SLOW-DIGESTING PROTEIN FOR MUSCLE FUEL

Casein is a slow-digesting protein that is naturally rich in amino acids like leucine and glutamine. Because of its slow-release nature, casein provides a steady stream of amino acids to support muscle growth and recovery over several hours. All of this makes casein the perfect nighttime protein! Enjoy it as a shake or pudding an hour before bedtime for overnight muscle fuel.

Directions for Use: Add one scoop (33 grams) to 8 ounces of cold water or milk and mix thoroughly. Use more or less liquid to modify the consistency to your liking. Enjoy at bedtime or between meals.

Notice: Use this product as a food supplement only.
Do not use for weight reduction.



Graphical representation based on published human clinical data comparing whey vs. micellar casein absorption.

SIGNATURE CASEIN

DELIVERS
25g Slow-Digesting Protein

SUPPORTS
Muscle Building and Recovery

PREVENTS
Nighttime Muscle Breakdown

CHOCOLATE **CASEIN POWDER**

NATURALLY AND ARTIFICIALLY FLAVORED
GLUTEN AND SOY FREE

ABOUT 55 SERVINGS | Net Wt. 4lbs (1.814kg)

BODYBUILDING.COM™

Nutrition Facts

Serving Size: 1 scoop (33g)
Servings Per Container: About 55

Amount Per Serving	
Calories 120	Calories from Fat 5
	% Daily Value
Total Fat 1g	2%
Saturated fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 210mg	9%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 25g	50%
Vitamin A 0%	Vitamin C 0%
Calcium 50%	Iron 4%

* Percent Daily values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		375g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Ingredients: Micellar Casein, Cocoa processed with Alkali, Inulin, Natural and Artificial Flavor, Salt, Sunflower Lecithin, Acesulfame Potassium, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan).

Contains Milk.

NO GLUTEN, SOY, TREE NUTS, PEANUTS. CONTAINS NO ADDED SUGAR.

TYPICAL AMINO ACID PROFILE PER SERVING

Alanine	704 mg
Arginine	801 mg
Aspartic Acid	1656 mg
Cystine	91 mg
Glutamic Acid	5063 mg
Glycine	471 mg
Histidine	726 mg
Isoleucine	1317 mg
Leucine	2293 mg
Lysine	1985 mg
Methionine	681 mg
Phenylalanine	1226 mg
Proline	2384 mg
Serine	1431 mg
Threonine	1044 mg
Tryptophan	318 mg
Tyrosine	1317 mg
Valine	1680 mg
Total	**25958 mg**

Distributed By: Bodybuilding.com
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BBCOM784 - 210318 - V5