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

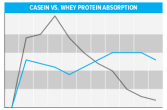
Signature products include the amount of an ingredient that has been shown to deliver results. No more, no less.

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.



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

Directions for Use: Add one scoop (32 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.

Manufactured in the USA in a GMP registered facility with domestic and international ingredients.

Contents may settle. Packed by weight, not by volume.

S I G N A T U R E

CASEIN

DELIVERS
25g Slow-Digesting Protein

SUPPORTS
Muscle Building and Recovery

PREVENTS
Nighttime Muscle Breakdown

VANILLA **CASEIN POWDER**

NATURALLY AND ARTIFICIALLY FLAVORED
GLUTEN AND SOY FREE

ABOUT 57 SERVINGS | Net Wt. 4lbs (1.814kg)

BODYBUILDING.COM™

Nutrition Facts

Serving Size: 1 scoop (32g)
Servings Per Container: About 57

Amount Per Serving	
Calories 110	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	1%
Saturated fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 170mg	7%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 25g	50%
Vitamin A 0%	Vitamin C 0%
Calcium 50%	Iron 2%

* 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		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Ingredients: Micellar Casein, 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	713 mg
Arginine	873 mg
Aspartic Acid	1678 mg
Cystine	92 mg
Glutamic Acid	5103 mg
Glycine	437 mg
Histidine	736 mg
Isoleucine	1135 mg
Leucine	2324 mg
Lysine	1981 mg
Methionine	690 mg
Phenylalanine	1043 mg
Proline	2417 mg
Serine	1450 mg
Threonine	1058 mg
Tryptophan	322 mg
Tyrosine	1235 mg
Valine	1353 mg
Total	**25446 mg**

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