



Suggested Use: Take NutraBio Casein before bed and/or between meals when slow digesting protein is desired. Add 1 scoop with 8 ounces of cold water or your favorite beverage to a shaker cup or blender and mix for 25-30 seconds. Vary the amount of liquid to meet your desired taste and consistency. Using nonfat milk instead of water will give you a thicker, creamier shake.

SUSTAINED RELEASE FOR PROLONGED AMINO ACID DELIVERY

Micellar Casein has a slow absorption rate into the bloodstream, which provides a steady stream of amino acids to muscle cells lasting 4-6 hours. This ensures positive nitrogen retention in muscles for much longer periods compared to whey protein. Casein is best taken at night or in combination with whey protein isolate after workouts to help provide sustained amino acid delivery during the two most crucial times of muscle growth: during sleep and post-training.

HIGH CONCENTRATION OF BCAAs & AMINO ACIDS

Shown is the typical amino acid profile per serving which is derived from micellar casein protein only. Absolutely no ingredients have been added to spike protein values.

Essential Amino Acids (EAAs)		Conditionally Essential Amino Acids (CAAs)		Nonessential Amino Acids (NAAs)	
Tryptophan	340mg	Arginine	895mg	Aspartic Acid	1790mg
Valine **	1512mg	Cysteine	247mg	Serine	1296mg
Threonine	1019mg	Tyrosine	1265mg	Glycine	463mg
Isoleucine **	1265mg	Histidine	648mg	Alanine	772mg
Leucine **	2253mg	Proline	2346mg		
Lysine	1975mg	Glutamic Acid	5031mg		
Phenylalanine	1173mg	(Glutamine Precursor)			
Methionine	710mg				

* ** Branched Chain Amino Acids



MANUFACTURED IN OUR
GMP & FDA
INSPECTED FACILITY



NUTRABIO

BUILD | REPAIR | RECOVER

MICELLAR
CASEIN

SLOW DIGESTING PROTEIN

HIGH
Concentration of BCAAs

SLOW DIGESTING
Anti-Catabolic Protein

ULTIMATE
Nighttime Protein

2lb
Natural Flavoring
Dietary Supplement
Net Wt. 2lb (907g)

MADE IN OUR
GMP
&
FDA
INSPECTED
FACILITY

25G
PROTEIN

5G
BCAAs



STRAWBERRY ICE CREAM

Supplement Facts

Serving size: 1 scoop (33.14 grams)
Servings per container: 27.37

Amount Per Serving	% Daily Value
Calories 120	
Calories from Fat 5	
Total Fat 1g	1%*
Cholesterol 15mg	5%*
Total Carbohydrate 2g	<1%*
Sugars 1g	†
Protein 25g	50%*
Calcium 728mg	70%*
Phosphorus 316mg	30%*
Sodium 110mg	4%*
Potassium 80mg	2%*

Micellar Casein 31.65g †
(Yielding 25g complete protein per serving. Cold processed. Instantized with sunflower lecithin.)

* Percent Daily Values are based on a 2000 calorie diet.
† Daily Value not established.

Other Ingredients: Flavoring (natural flavors 850mg, salt 200mg, malic acid 150mg, acesulfame potassium 100mg, sucralose 80mg), beet powder 110mg (color).

Contains: Milk.

This product is intended as a dietary supplement only. Do not use as a sole source of nutrition.

THIS PRODUCT IS SOLD BY WEIGHT, NOT VOLUME. SOME SETTLING OF CONTENTS MAY HAVE OCCURRED DURING THE SHIPPING AND HANDLING. STORE IN A COOL DRY PLACE. SERVING SCOOP INCLUDED (MAY SETTLE TO THE BOTTOM DURING SHIPPING.)

†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.

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GLUTEN & SOY FREE | NON-GMO
BSE/TSE FREE | KOSHER

THE ULTIMATE SLOW DIGESTING PROTEIN!

NO FILLERS OR EXCIPIENTS
NO PROTEIN SPIKING
NO PROPRIETARY BLENDS
NO INFERIOR CASEINATE
NO ADDED SUGARS
NO GLUTEN OR BSE/TSE
NO MALTODEXTRIN OR DEXTROSE
NO BANNED SUBSTANCES
NO ARTIFICIAL COLORS
NO HIDDEN INGREDIENTS

FULL LABEL DISCLOSURE

NO PROPRIETARY BLENDS | EVERY INGREDIENT DISCLOSED WITH DOSAGE

CHECK. VERIFY. TRUST.
View Independent Lab Results
CHECKMYSUPPS.COM