

HIGHER PROTEIN FOR HIGHER LIVING.

46G PROTEIN*

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

OPEN LABEL

NO PROPRIETARY BLEND

YOUR ANYTIME PROTEIN

5.5g BCAAs & 4.8g GLUTAMINE

GRASS-FED DAIRY

DIGESTIVE ENZYMES
INCREASE PROTEIN ABSORPTION*

3G PREBIOTIC FIBER

NO AMINO SPIKING
1PKT TWO SCOOPS

GREAT FOR RECOVERY*

REAL COOKIE BITS
CONTAINS WHEAT

5.5g
BCAAs

46g
PROTEIN

NO
SUGAR ADDED

2g
NET CARBS

3g
PREBIOTIC FIBER

#1
TASTING

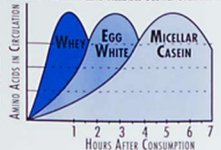
What makes Trutein so special besides its phenomenal taste? It's our **clean** label and our firm refusal to hide our whey, casein & egg proportions in a proprietary blend.

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.[†] 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[†]



★★★★★
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 TRUTEIN!”
-Lesli

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.
† Total Carbs = Total Carbohydrate Less Digestive Fiber
†† References: Journal Sports Sci Med. 2004 Sept; 3:129-137 & Int J Sport Nutrition Exerc Metab. 2006; 16:129-152

body
nutrition



Balanced Non-Proprietary Blend
45% Whey, 45% Micellar Casein & 10% Egg White

46g Pure Protein
Per 2 Scoops

Sustained-Release

TRUTEIN
WHEY, CASEIN & EGG WHITE PROTEIN



Best Taste

Cookie Bits

Grassfed Dairy

NET WT 2LBS (907g)
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 27

	Amount Per Serving	% Daily Value
Calories	115	
Total Fat	1 g	1%*
Saturated Fat	0.5 g	2%*
Cholesterol	20 mg	7%*
Total Carbohydrate	5 g	2%*
Dietary Fiber	3 g	10%*
Sugars	2 g	
Added Sugars	1 g	
Protein	23 g	46%*
Vitamin D	0.3 mcg	1%
Calcium	230 mg	18%
Iron	1.4 mg	7%
Sodium	210 mg	9%
Potassium	100 mg	2%

NONPROPRIETARY PROTEIN BLEND	23 g	**
45% Whey, 45% Micellar Casein, 10% Egg White		
DIGESTIVE ENZYMES	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, Cookie Bits (Unbleached Enriched Wheat Flour, Sugar, Palm & Soybean Oil, High Fructose Corn Syrup, Cornstarch, Sodium Bicarbonate), Natural & Artificial Flavors, Xanthan Gum, Cellulose Gum, Guar Gum, Salt, Protease Enzymes, Acesulfame Potassium, Sucralose, Soy Lecithin
ALLERGEN WARNING: Contains Wheat, Milk, Egg & Soy Ingredients.

MANUFACTURED BY Body Nutrition
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MADE IN USA
CGMP BANNED SUBSTANCE FREE

