

# HIGHER PROTEIN FOR HIGHER LIVING.

**48G PROTEIN\***

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

**OPEN LABEL**

NO PROPRIETARY BLEND

**YOUR ANYTIME PROTEIN**

5.6g BCAAs & 4.5g GLUTAMINE

**GRASS-FED DAIRY**

**ALL NATURAL**

NO ARTIFICIAL INGREDIENTS

**2.5G PREBIOTIC FIBER**

**NO AMINO SPIKING**

\*Plus Two Scoops

**GLUTEN-FREE**

**LOW SODIUM**

**5.1g**

BCAA\*

**48G**

PROTEIN

**NO**

SUGAR

ADDED

**2.5G\*\***

NET CARBS\*

**GF**

FREE

GLUTEN

**#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 all-natural 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>1</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!**



★★★★★  
REAL CUSTOMERS, REAL FEEDBACK

“Oh 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!**”  
-Les B

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.  
\*\* Net Carbs = Total Carbohydrates less Dietary Fiber  
(Reference: Journal Sports Sci Med. 2004 Sep; 7:125-127 & Int J Sport Nutrition Exam Monit. 2006; 16:179-182)

body nutrition



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

48g Pure Protein  
Per 2 Scoops

Sustained-Release

# TRUTEIN®

WHEY, CASEIN & EGG WHITE PROTEIN *naturals*



All-Natural

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>	120	
Calories from Fat	15	
<b>Total Fat</b>	1.5 g	2%*
Saturated Fat	0.5 g	3%*
<b>Cholesterol</b>	20 mg	6%*
<b>Total Carbohydrate</b>	5 g	2%*
Dietary Fiber	2.5 g	10%*
Sugars	1 g	
Sugar Alcohols	1 g	
<b>Protein</b>	24 g	48%*
<b>Calcium</b>	220 mg	22%
<b>Iron</b>	1.4 mg	7%
<b>Sodium</b>	80 mg	3%
<b>Potassium</b>	80 mg	2%
<b>NONPROPRIETARY PROTEIN BLEND</b>	24 g	**
45% Whey, 45% Micellar Casein, 10% Egg White		
<b>DIGESTIVE ENZYMES</b>	100 mg	**
Peptidase 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), Cocoa, Peanut Flour, TruFiber™ Inulin, Natural Flavors, Erythritol, Monkfruit, Stevia, Xanthan Gum, Cellulose Gum, Guar Gum, Protease Enzymes, Soy Lecithin  
**ALLERGEN WARNING:** Contains Milk, Peanut, Egg & Soy Ingredients.

MANUFACTURED BY Body Nutrition  
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US3008546221  
**cGMP BANNED SUBSTANCE FREE**

