

# HIGHER PROTEIN FOR HIGHER LIVING

<b>50G PROTEIN*</b> 45% WHEY, 45% CASEIN & 10% EGG WHITE	<b>OPEN LABEL</b> NO PROPRIETARY BLEND	<b>YOUR ANYTIME PROTEIN</b> 5.9g BCAAs & 5.1g GLUTAMINE
<b>GRASS-FED DAIRY</b>	<b>DIGESTIVE ENZYMES</b> INCREASE PROTEIN ABSORPTION*	<b>2.5G PREBIOTIC FIBER</b>
<b>NO AMINO SPIKING</b> 1PFAA T100 SCORES	<b>GLUTEN-FREE</b>	<b>LOW SODIUM</b>
<b>5.9g BCAAs</b>	<b>NO SUGAR ADDED</b>	<b>GF GLUTEN FREE</b>
<b>50g PROTEIN</b>	<b>1.5g NET CARBS**</b>	<b>#1 TASTING</b>

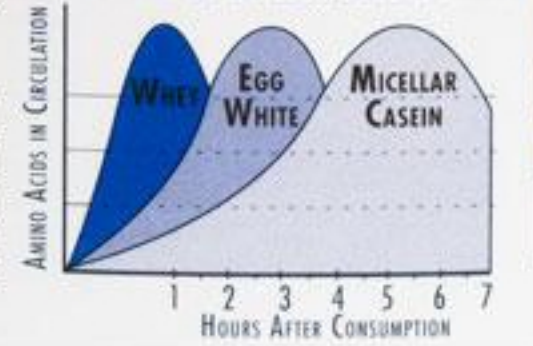
What makes Trutein so special besides its phenomenal taste? It's our **clean label** and our firm refusal to hide our whey, casein & egg proportions in a proprietary blend.

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 the 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 TRUTH!”  
-Lisa 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 Carbohydrate Less Digestible Fiber  
† Reference: Journal Sports Sci Med 2004 Sept 3:120-27 & Int J Sport Nutr Human Exerc Nutr 2006; 16:124-33

**body nutrition**

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

50g Pure Protein  
Per 2 Scoops

Sustained-Release

# TRUTEIN

WHEY, CASEIN & EGG WHITE PROTEIN

Best Taste

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
Calories	120	
Calories from Fat	10	
Total Fat	1 g	1%*
Saturated Fat	0.5 g	2%*
Cholesterol	20 mg	7%*
Total Carbohydrate	5 g	2%*
Dietary Fiber	2.5 g	10%*
Sugars	1 g	
Protein	25 g	50%*
Calcium	220 mg	22%
Iron	1.4 mg	7%
Sodium	115 mg	5%
Potassium	80 mg	2%
NONPROPRIETARY PROTEIN BLEND	25 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, Natural & Artificial Flavors, Xanthan Gum, Cellulose Gum, Guar Gum, Protease Enzymes, Acesulfame Potassium, Sucralose, Soy Lecithin, Yellow #5  
**ALLERGEN WARNING:** Contains Milk, Egg & Soy Ingredients.  
**MANUFACTURED BY** Body Nutrition  
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