

body  
nutrition

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

25g Total Protein

Sustained Release

# TRUTEIN®

WHEY, CASEIN & EGG WHITE PROTEIN *naturals*

Vanilla Bean

All-Natural

Gluten Free

Grassfed Dairy

NET WT 1.2oz (34g) PROTEIN SUPPLEMENT

## HIGHER PROTEIN FOR HIGHER LIVING.

25G PROTEIN

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

OPEN LABEL

NO PROPRIETARY BLEND

YOUR ANYTIME PROTEIN

5.7g BCAAs & 5.1g GLUTAMINE

GRASS-FED DAIRY

ALL NATURAL  
NO ARTIFICIAL INGREDIENTS

2.5G PREBIOTIC FIBER

SUSTAINED RELEASE

GLUTEN-FREE

LOW SODIUM

5.7g  
BCAAs

25g  
PROTEIN

NO  
SUGAR ADDED

1.5g  
NET CARBS

GF  
GLUTEN FREE

#1  
TASTING

### Supplement Facts

Serving Size 1 Pouch (34g)

|                    | Amount Per Serving | % Daily Value |
|--------------------|--------------------|---------------|
| Calories           | 110                |               |
| Calories from Fat  | 5                  |               |
| Total Fat          | 0.5 g              | 1%*           |
| Saturated Fat      | 0.2 g              | 1%*           |
| Cholesterol        | 20 mg              | 7%*           |
| Total Carbohydrate | 5 g                | 2%*           |
| Dietary Fiber      | 2.5 g              | 10%*          |
| Sugars             | 1 g                |               |
| Sugar Alcohols     | 1 g                |               |
| Protein            | 25 g               | 50%*          |
| Calcium            | 220 mg             | 22%           |
| Iron               | 1.4 mg             | 7%            |
| Sodium             | 80 mg              | 3%            |
| Potassium          | 80 mg              | 2%            |

NONPROPRIETARY PROTEIN BLEND 25 g \*\*

45% Whey, 45% Micellar Casein, 10% Egg White

PROTEASE ENZYMES 100 mg \*\*

Peptidase Proteolytic Enzymes

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Percent Daily Values are not established.

\*Net Carbs = Total Carbohydrates Less Digestive Fiber & Sugar Alcohols

**SUGGESTED USAGE:** Mix 1 pouch (34g) in 8oz of water or almond milk. Shake or blend for at least 20 seconds. May also be used to cook with!

**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, Erythritol, Natural Flavors, Monkfruit, Stevia, Xanthan Gum, Cellulose Gum, Guar Gum, Protease Enzymes, Stevia, Soy Lecithin

**ALLERGEN WARNING:** Contains Milk, Egg & Soy Ingredients.

**MANUFACTURED BY** Body Nutrition  
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MADE IN USA  
US3008546221

\* 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.

body  
nutrition

CGMP  
BANNED  
SUBSTANCE  
FREE

