

body
nutrition

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

23g Total Protein

Sustained Release

TRUTEIN®

WHEY, CASEIN & EGG WHITE PROTEIN

Best Taste

Cookie Bits

Grassfed Dairy

Cookies & Cream

Naturally & Artificially Flavored
NET WT 1.20Z (34g) PROTEIN SUPPLEMENT

HIGHER PROTEIN FOR HIGHER LIVING.

23G 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

SUSTAINED RELEASE

GREAT FOR RECOVERY*

REAL COOKIE BITS

CONTAINS WHEAT

5.5G

BCAAs

23G

PROTEIN

NO

SUGAR ADDED

2G

NET CARBS

3G

PREBIOTIC FIBER

#1

TASTING

Supplement Facts

Serving Size 1 Pouch (34g)

	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.

*Net Carbs = Total Carbohydrates Less Digestive Fiber

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, 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, Sunflower Lecithin

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

MANUFACTURED BY Body Nutrition
St Petersburg FL 33713 • (850) 888-BODY



WWW.BODYNUTRITION.COM
@BODYNUTRITIONCO

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.

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CGMP
BANNED
SUBSTANCE
FREE

