

body
nutrition

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



24g Total Protein



Sustained Release



TRU[®] PROTEIN

WHEY, CASEIN & EGG WHITE PROTEIN

Lemon Meringue Pie



Best Taste



Gluten Free



Grassfed Dairy



NET WT 1.26 (34g) PROTEIN SUPPLEMENT

HIGHER PROTEIN FOR HIGHER LIVING.

24G PROTEIN

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

OPEN LABEL

NO PROPRIETARY BLEND

YOUR ANYTIME PROTEIN

5.5g BCAAs & 4.7g GLUTAMINE

GRASS-FED DAIRY

DIGESTIVE ENZYMES
INCREASE PROTEIN ABSORPTION*

2.5G PREBIOTIC FIBER

SUSTAINED RELEASE

GLUTEN-FREE

LOW SODIUM

5.5G
BCAAs

24G
PROTEIN

NO
AMINO SPIKING

2.5G
NET CARBS*

GF
GLUTEN FREE

#1
TASTING

Supplement Facts

Serving Size 1 Pouch (34g)

	Amount Per Serving	% Daily Value
Calories	120	
Calories from Fat	10	
Total Fat	1 g	2%*
Saturated Fat	0.5 g	3%*
Cholesterol	20 mg	6%*
Total Carbohydrate	5 g	2%*
Dietary Fiber	2.5 g	10%*
Sugars	2 g	
Protein	24 g	48%*
Calcium	220 mg	22%
Iron	1.4 mg	7%
Sodium	140 mg	6%
Potassium	80 mg	2%

NONPROPRIETARY PROTEIN BLEND 24 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: Tru[®] 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, Citric Acid, Malic Acid, Fructose, Xanthan Gum, Cellulose Gum, Guar Gum, Salt, Protease Enzymes, Lemon Oil, Lemon Juice, Ascorbic Acid, Acesulfame Potassium, Sucralose, Soy Lecithin, Yellow #5
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 **BANNED SUBSTANCE**

