

BODYBUILDING.COM SIGNATURE™

We created our Signature line of products because we believe it shouldn't be a workout to get the highest quality supplements without paying the highest prices. As a trusted fitness brand, we've been delivering top-quality products to aid your fitness journey for over two decades. We don't take shortcuts and we don't make excuses, so you can trust that every Signature supplement is filler-free and formulated with effective doses of research-backed ingredients. Bottom line: We're crushing it so you can go crush your personal goals.

TRANSPARENT DISCLOSURE

Know exactly what and how much of it you're putting in your body. No guessing, no hiding, no excuses.

EFFECTIVE DOSES

We start with the highest quality ingredients and we use them in the precise amounts to get the most effective results.

TRUSTED INGREDIENTS

Proven in the gym to help achieve goals? Absolutely. Supported and sustained by research? Without a doubt.

SLOW-DIGESTING PROTEIN FOR MUSCLE FUEL

Casein is a slow-digesting protein that is naturally rich in amino acids like leucine and glutamine. Because of its slow-release nature, casein provides a steady stream of amino acids to support muscle growth and recovery over several hours. All of this makes casein the perfect nighttime protein! Enjoy it as a shake or pudding an hour before bedtime for overnight muscle fuel.

DIRECTIONS FOR USE: Mix one scoop with 8 ounces of cold water or milk and mix thoroughly. Use more or less liquid to modify the consistency to your liking. Enjoy at bedtime or between meals.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

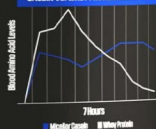


THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

WARNING: Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P609.ca.gov/hotline/.

Contents may settle. Packed by weight, not by volume.

CASEIN VS. WHEY PROTEIN ABSORPTION



Graphical representation based on published human data comparing whey vs. micellar casein absorption.

25g

PROTEIN

5.2g

BCAAs

5g

GLUTAMINE

ZERO

SUGAR

57

SERVINGS

Net Wt. 4lb. (1.81kg)

CASEIN

SLOW-DIGESTING, SUSTAINED-RELEASE MICELLAR PROTEIN FOR OPTIMAL MUSCLE RECOVERY*

VANILLA MILKSHAKE

ARTIFICIALLY FLAVORED
GLUTEN AND SOY FREE

Nutrition Facts

About 57 servings per container

Serving size 1 scoop (32g)

Amount Per Serving
Calories 110

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 170mg 7%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Includes 0g Added Sugar

Protein 25g 50%

Vitamin D 0mcg 0%

Calcium 600mg 45%

Iron 0mg 0%

Potassium 80mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Micellar Casein, Natural and Artificial Flavors, Inulin, Salt, Sunflower Lecithin, Acesulfame Potassium, Silicon dioxide, Sucralose, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan).

Contains Milk.

Made in a facility that processes soy, egg, and tree nuts.

Distributed By: Bodybuilding.com
5777 N Meeker Ave
Boise, Idaho 83713

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TYPICAL AMINO ACID PROFILE PER SERVING

Alanine	713 mg
Arginine	873 mg
Aspartic Acid	1678 mg
Cystine	92 mg
Glutamic Acid	5133 mg
Glycine	437 mg
Histidine	736 mg
Isoleucine	1335 mg
Leucine	2324 mg
Lysine	1910 mg
Methionine	681 mg
Phenylalanine	1243 mg
Proline	2417 mg
Serine	1450 mg
Threonine	1058 mg
Tryptophan	322 mg
Tyrosine	1335 mg
Valine	1703 mg
Total	25449 mg

Contains Bioengineered Ingredient