

100% MICELLAR CASEIN

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**ZERO 48G PROTEIN**  
SUGAR PER 2 SERVINGS

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**CASEIN**

TIMED RELEASE AMINO ACID DISPERSION



48G MICELLAR CASEIN! ‡  
4.8G LEUCINE : SUPPORTS mTOR ACTIVATION ‡  
MORE THAN 10G BCAAS ‡  
INCREDIBLE TASTING LOW CARB PROTEIN

**Supplement Facts**Serving Size 30g (1 Scoop)  
Serving per container: 30 servings

|                         | Amount per serving | % Daily Value |
|-------------------------|--------------------|---------------|
| Calories                | 110.00             |               |
| Calories from Fat       | 3                  |               |
| Total Fat (g)           | 0.3                | 0.45*         |
| Saturated Fat (g)       | 0.15               | 0.85          |
| Cholesterol (mg)        | 5.00               | 1.50          |
| Sodium (mg)             | 30.00              | 1.25          |
| Potassium (mg)          | 10.00              | 0.25          |
| Total Carbohydrates (g) | 3.00               | 1.00*         |
| Dietary Fiber (g)       | 2.00               | 8.00          |
| Sugar (g)               | 0                  |               |
| Protein (g)             | 24.00              | 42.85*        |
| Vitamin A (IU)          | 26.00              | 0.52          |
| Vitamin C (mg)          | 0.75               | 1.26          |
| Calcium (mg)            | 0.88               | 0.1           |
| Iron (mg)               | 0.00               | 0.0           |

**OTHER INGREDIENTS:** Micellar Casein (From Milk), Inulin, Natural and Artificial Flavors, Gum Blend (Xanthan Gum, Cellulose Gum, Carrageenan), Citric Acid, Acesulfame Potassium, Sucralose, Sea Salt, FD&C Red #40.

\* Percent Daily Values are based on a 2000 calorie diet.  
† Daily value not established.  
‡ Amount per 2 servings

**Directions for use:**

Mix 1 to 2 scoops of Micellar Casein with 10-12 oz of cold water or skim milk and blend either in a shaker bottle or blender. Consume 1-3 servings per day. 4DN™ Casein is best taken just before bed or in between meals to optimize on its slow release protein delivery. It can optionally be taken first thing in the morning.

**ALLERGEN WARNING:**

Contains ingredients from milk. Made in a plant that also processes egg, soy, peanuts, tree nuts, fish, crustaceans/shellfish, and wheat products. **KEEP OUT OF REACH OF CHILDREN. Store at 15-30C (59-86F). Protect from heat, light and moisture. Do not purchase if seal is broken. Consult your healthcare professional before using this or any other dietary supplement.**

Manufactured in an EU Certified and CFIA Inspected GMP Facility.

| AMINO ACID PROFILE | Per Serving |
|--------------------|-------------|
| Alanine            | 806mg       |
| Arginine           | 884mg       |
| Aspartic Acid      | 1846mg      |
| Cysteine           | 208mg       |
| Glutamic Acid      | 5590mg      |
| Glycine            | 442mg       |
| Histidine          | 676mg       |
| Isoleucine         | 1326mg      |
| Leucine            | 2418mg      |
| Lysine             | 2028mg      |
| Methionine         | 702mg       |
| Phenylalanine      | 1222mg      |
| Proline            | 2548mg      |
| Serine             | 1222mg      |
| Threonine          | 1040mg      |
| Tryptophane        | 338mg       |
| Tyrosine           | 1300mg      |
| Valine             | 1456mg      |

MANUFACTURED FOR: 4 DIMENSION NUTRITION INC™  
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As a sports nutrition product 4DN™ **MICELLAR CASEIN** is manufactured under rigorous and stringent certifications known worldwide. Our production facility is EU (European Union), cGMP and HACCP certified. The result, 4DN™ **MICELLAR CASEIN** is a truly superior product that meets or exceeds the strictest standards in the world.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

30 SERVINGS

**STRAWBERRY**

NET WT 2 LBS (907g)

NATURAL AND ARTIFICIAL FLAVORS

