



30
SERVINGS

CASEIN

COMPLETE

SLOW DIGESTING PROTEIN

Breakfast: Add 1 scoop of **Casein Complete** and 1 scoop of Lean Active 7 with 12 - 16 oz of your favorite beverage. This will prolong the delivery of protein and essential amino acids to the body throughout the morning. This will create a metabolic boost that will last up to 7 hours.

Post-Workout: Add 1 scoop of **Casein Complete** and 1 scoop of Isolate Complete with 12 - 16 oz of your favorite beverage. This will fuel the muscles with an extended release of protein, amino acids and vital nutrients for muscle and tissue repair.

Bedtime: Add 2 scoops of Casein Complete with 12 - 16oz of your favorite beverage. This will improve muscle anabolism and metabolic function while sleeping. Most of the body's repair mechanisms kick in at night, the addition of a slow-releasing protein will drastically improve muscle recovery and the addition of CLA will help to reduce stubborn body fat while you sleep.



MIXES INSTANTLY



ULTRA MICRONIZED



**PHARMACEUTICAL
GRADE**

- **Sustained 8 Hour Protein Release**
- **High Quality Casein Formula**
- **Added Anti-Catabolic Blend**

Chocolate Fudge Brownie

Net Weight: 2lbs (907g)

**Dietary
Supplement**

Typical Amino Acid Profile per Serving (1 Scoop)

L-Aspartate 1.30g
L-Serine 1.02g
L-Histidine 1.43g
L-Threonine* 1.39g
L-Proline 1.19g
L-Tyrosine 0.65g
L-Valine* (BCAA) 1.44g
L-Methionine* 1.45g
L-Cysteine 0.54g
L-Glutamic Acid 3.14g
L-Glycine 0.40g
L-Arginine 1.51g
L-Alanine 1.06g
L-Leucine* (BCAA) 1.47g
L-Phenylalanine* 0.74g
L-Tryptophan* 0.39g
L-Lysine* 1.39g
L-Isoleucine* (BCAA) 1.50g
*Essential Amino Acid

Allergen Info:
Contains Milk & Soy Ingredients

Warnings:
KEEP OUT OF REACH OF CHILDREN.
Consult a physician before using this product.
Store in a cool, dry place 15°-30°C (59°-86°F).
Do not use if tamper-evident seal is broken.

Supplement Facts

Serving Size: 1 Scoop
Servings Per Container: 30

AMOUNT PER SERVING

	Calories ~ 113	Calories from Fat ~ 9	%DailyValue
Total Fat ~ 1g			2%
Saturated Fat ~ 0			0%
Cholesterol ~ 0			0%
Sodium ~ 100mg			4%
Total Carbohydrates ~ 4g			24%
Sugar ~ 1g			
Dietary Fiber ~ 3g			
Protein ~ 22g			

Additional Ingredients: Micellar Casein Protein, Cocoa Powder, Lecithin, Glucose Polymers, Natural and Artificial Flavors, Cane Sugar, Sodium, Tri-Ultra Smooth (Cellulose, Xanthan, Carrageenan), Natural Cream Flavor, Sucralose

Antioxidant PH-Balancing Blend 300mg

Titanium Dioxide, Ascorbic Acid, Alpha Lipoic Acid, Quercetin, Green Tea Extract, N-Acetyl Cysteine, Grape Seed Extract, Vitamin E (beta-carotene), Vitamin C (ascorbic acid), Vitamin B (niacin), Vitamin E (d-alpha-tocopheryl acetate), Biotin, Folic Acid, Calcium (Carbonate/Oxide), Magnesium (Citrate/Oxide), Zinc (Aspartate/Oxide), Potassium (Chloride/Phosphate), Copper (Gluconate), Molybdenum (Sodium Molybdate), Selenium (as selenium yeast), Iron (Ferrous Sulfate), Phosphorus (Oxide), Iodine (Natural source of Iodine), Chromium (Polynicotinate), Manganese (Glucuronate)

Muscle Preservation Blend 12.5g

L-Taurine, L-Glutamine, L-Leucine, L-Isoleucine, L-Valine, HCL (DL-Alpha-Hydroxyisovaleric Acid)

Nitrogen Retention Blend 300mg

Lactase (Milk Enzyme), Biotin, Vitamin B1 (Thiamine), Vitamin B2 (Riboflavin), Vitamin B3 (Niacin), Vitamin B5 (Pantoic Acid), Vitamin B6 (Pyridoxine HCL), Vitamin B12 (Cyanocobalamin)

Fat Incinerating/ Cortisol-Suppressing Blend 3g

CLA (Conjugated Linoleic Acid), Glycine, Fibrolyse® - 2 (Maltodextrin), Phosphatidylcholine

Probiotic 50mg

Lactobacillus acidophilus

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value (DV) not established



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