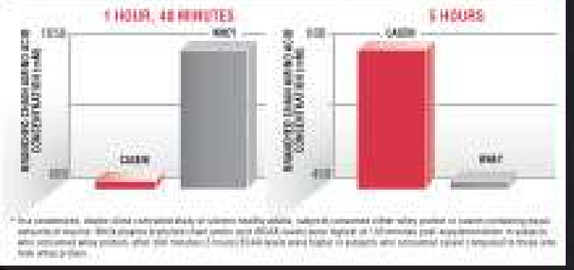
Protein serves as a source of amino acids. The body needs amino acids to build the various proteins used in the growth, repair and maintenance of body tissues such as skin, bones and muscles.

Why Casein?

Casein is a slow digesting protein derived from milk. When compared to other sources of protein such as soy and whey, casein increases blood amino acids at a much slower and steadier rate. This delayed digestion and absorption of amino acids may be beneficial between meals or in the evening to provide a steadier supply of muscle fuel, crucial to maintaining an anti-catabolic state and significantly decrease protein breakdown.

This chart compares the branched chain amino acid (BCAA) absorption after consuming casein and whey protein. When compared to whey, casein concentration was significantly lower after one hour, forty minutes, but increased after five hours.

Branched Chain Amino Acid (BCAA) Absorption After Supplementation of Casein vs. Whey Protein



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GNC PRO PERFORMANCE®

100% CASEIN PROTEIN

POWDERED PROTEIN MIX

25 GRAMS OF SLOW-ACTING PROTEIN FOR HIGHER SUSTAINED BCAA UPTAKE

FEATURES MICELLAR CASEIN AND CALCIUM CASEINATE

NATURAL SOURCE OF AMINO ACIDS

NET WT 32 OZ (2 LB) 909 G

CODE: 358047 PMG

DIRECTIONS: Add one level scoop (41 g) to 10 fl. oz. of cold water and blend well. Consume 1-3 servings per day. Pro Performance® 100% Casein Protein can be taken first thing in the morning, in between meals and before bed.

Nutrition Facts

Serving Size One Level Scoop (41 g)
Servings Per Container 30

Calories 160	
Calories from Fat 10	
Amount Per Serving	**% Daily Value†**
Total Fat 1 g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 230mg	8%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	10%
Sugars 1g	
Protein 23g	
Vitamin A 0% • Vitamin C 0%	
Calcium 40% • Iron 2%	

† Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat. Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
Fat: 9 • Carbohydrate: 4 • Protein: 4

INGREDIENTS: Protein Blend (Micellar Casein, Calcium Caseinate), Polydextrose, Natural and Artificial Flavors, Sunflower Oil Powder (Sunflower Oil, Maltodextrin, Modified Food Starch, Dipotassium Phosphate, Tricalcium Phosphate, Tocopherols), Cookie Bits [Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Palm and Palm Kernel Oil Blend, Cocoa (Processed with Alkali), High Fructose Corn Syrup, Corn Flour, Salt, Dextrose, Sodium Bicarbonate, Soy Lecithin], Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Titanium Dioxide, Lecithin, Salt, Potassium Chloride, Acesulfame Potassium, Sucralose.

CONTAINS: Milk, Soybeans and Wheat.

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

TYPICAL AMINO ACID PROFILE PER SERVING

Alanine	678 mg	Lysine	1858 mg
Arginine	885 mg	Methionine	464 mg
Aspartate	1972 mg	Phenylalanine	1109 mg
Cystine	93 mg	Proline	2308 mg
Glutamate	3858 mg	Serine	1422 mg
Glycine	534 mg	Threonine	1056 mg
Histidine	704 mg	Tryptophan	308 mg
Isoleucine†	1328 mg	Tyrosine	1307 mg
Leucine†	2173 mg	Valine†	1445 mg
			19008 mg

† Indicates Branched Chain Amino Acid (BCAA).

Store in a cool, dry place.