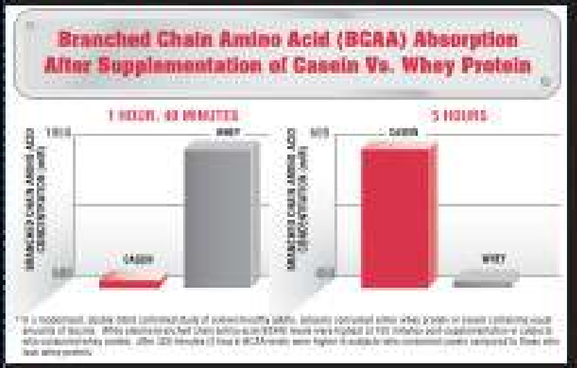
Protein serves as a source of amino acids. The body needs amino acids to build the various proteins used in the growth, repair and maintenance of body tissues such as skin, bones and muscles.

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.



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New

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

COOL SHAKE

DIRECTIONS: Add one level scoop (42g) to 10 fl. oz. of cold water and blend well. Consume 1-2 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 (42g)
Servings Per Container: 21

Calories	160	
Calories from Fat	15	
		% Daily Value†
Total Fat 1.5g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 320mg		13%
Total Carbohydrate 11g		3%
Dietary Fiber 0g		0%
Sugars 7g		
Protein 25g		
Vitamin A	8% • Vitamin C	8%
Calcium	48% • Iron	4%

† Percent Daily Values are based on a 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2000	2500
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	2400 mg	2400 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, Cocoa (Processed with Alkali), Natural and Artificial Flavors, Sunflower Oil Powder (Sunflower Oil, Maltodextrin), Modified Food Starch, Dipotassium Phosphate, Tricalcium Phosphate, Tocopherols), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Lecithin, Salt, Potassium Chloride, Acesulfame Potassium, Sucralose.

CONTAINS: Milk and Soybeans.

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	875 mg	Methionine	853 mg
Arginine	885 mg	Phenylalanine	1168 mg
Aspartate	1427 mg	Proline	2408 mg
Cystine	85 mg	Serine	1422 mg
Glutamate	5060 mg	Threonine	1008 mg
Glycine	526 mg	Tryptophan	298 mg
Histidine	764 mg	Tyrosine	1357 mg
Isoleucine†	1339 mg	Valine†	1645 mg
Leucine†	2133 mg		20000 mg
Lysine	1868 mg		

† Indicates Branched Chain Amino Acid (BCAA).

Store in a cool, dry place.