

SUGGESTED USAGE: Add 1 level scoop (24 g) daily to 8 oz. of cold water, milk, or your favorite juice, and blend.

Micellar Casein is a slowly digested, complete protein, with an excellent amino acid profile that typically has over 4,500 mg of BCAAs (Branched Chain Amino Acids) per 1 scoop serving. Because Micellar Casein thickens in the low pH of the stomach, slowing down its entry into the intestines, its amino acids are released in a sustained manner. Slower digestion ensures continuous availability of amino acids for the body. NOW® Micellar Casein mixes easily in your favorite beverage and is an ideal choice for sustained protein support.

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

CODE 2122 V2



Instantized Micellar Casein

Natural Unflavored

- Sustained Protein Release
 - 19 g Protein, Mixes Easily
 - Naturally Occurring BCAAs
- Net Wt. 1.8 lbs. (816 g)



Nutrition Facts

Serving Size 1 Level Scoop (24 g)
Servings Per Container about 34

Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 0.5 g	< 1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 10 mg	3%
Sodium 60 mg	3%
Potassium 55 mg	2%
Total Carbohydrate < 1 g	< 1%
Dietary Fiber 0 g	0%
Sugars < 1 g	
Protein 19 g	38%
Vitamin A 0%	Vitamin C 0%
Calcium 30%	Iron 0%

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

	2,000 Calories	2,500 Calories
Total Fat	Less than 65g	80g
Sat. Fat	Less than 25g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	Less than 3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

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

Ingredients: Micellar Casein and Sunflower Lecithin (1%).

Contains milk.

NOW FOODS
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Typical Amino Acid Profile (example) (per serving)**

Essential Amino Acids	mg Per 24 g Serving
L-Histidine	622
L-Isoleucine***	1128
L-Leucine***	2153
L-Lysine	1846
L-Methionine	817
L-Phenylalanine	1133
L-Threonine	986
L-Tryptophan	276
L-Valine***	1471

Non-Essential Amino Acids

L-Alanine	696
L-Arginine	833
L-Aspartic Acid	1685
L-Cysteine	106
L-Glutamic Acid	5076
Glycine	463
L-Proline	2342
L-Serine	1353
L-Tyrosine	1145

** subject to natural variability

Not manufactured with yeast, wheat, gluten, soy, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

***Branched Chain Amino Acids

This product is sold by weight not volume.

Store in a cool, dry, dark place after opening.

Please Recycle.