40g PROTEIN GRASS-FED DAIRY No Amino Spiking



YOUR ANYTIME PROTEIN 4.9c BCAAs & 4.lc GLUTAMINE









A proprietary blend is the term that other companies use to describe doctoring their protein powders to make them appear much higher quality than they really are. For example, while other brands might boldly claim the inclusion of micellar casein & ega white, the reality is that unless the specific percentages are clearly stated you are likely receiving 99% of the cheanest whey protein concentrate and less than 1% of the more expensive and TRUTER'S PROTEIN BLEND RELEASES SLOWLY OVER TIME! equally important micellar casein &

Trutein on the other hand has an entirely clean & transparent label and we reveal the exact percentages of our individual protein components. You can rest assured that you are truly receiving the highest quality formula available.

proprietary blend.

egg white proteins.

about 30 minutes, egg whites absorb more slowly between 2-3 hours, and asein digests the slowest at A hours This means that Trutein continuously feeds your muscles over an extended 6hr period for maximum protein

absorption. It also means you're going to feel full and satisted for much longer compared to regular whey, helping to keep your appetite at bay.\* This makes Trutein perfect for breakfast, as a snack setween meals, and as a post-workout

2 3 4 5 6 House After Consumption

BODYNUTRITION.COM **₹** BODYNUTRITIONCO @RODYNLTRITIONCO

Tel Cats + Mid Cabdystein Les Signifre Fiber References: Journal Sports Sci Med. 2204 Sept; 3:126-127 Infiliaumal Sport Nutrition Euro: Meta. 2006: 16:129-152

Of let me just say that I have finally Sound the newtein broard that I will stick with! I have literally tried every protein brand over the past three years and this company knocks it out the part! I would

never rate a company a 10 unless I fel everyone should really give it a low And Trutein is the TRITH

Check us out online for delicious recipes, new products & morel

Balanced Non-Proprietary Blend 45% Whey, 45% Micellar Casein & 10% Egg White 40g Pure Protein Sustained-Release WHEY, CASEIN & EGG WHITE PROTEIN Best Taste

Naturally & Artificially Flavored

Gluten Free

Grassfed Dairy

NET WT 2LBS (907a)

PROTEIN SUPPLEMENT

SUGGESTED USAGE: Mix 1 scoop (34q) of Trutein in 8oz of cold water or another beverage (milk almond milk, etc). Shake or blend for 20 seconds until creamy. May also be used to cook with!

Supplement Facts

## Serving Size 1 Level Scoop (34g) Servings Per Container 27

	Amount Per Serving	% Dall Value
Calories	140	
Calories from Fat	30	
Total Fat	5 g	8%
Saturated Fat	3 g	15%
Cholesterol	30 mg	11%
Total Carbohydrate	5 g	2%
Dietary Fiber	2.5 g	10%
Sugars	2 g	
Protein	20 g	40%
Calcium	220 mg	22%
Iron	1.4 mg	7%
Sodium	105 mg	4%
Potassium	80 mg	2%
NONPROPRIETARY PROTEIN BLEND 20 g		
45% Whey, 45% Micellan	Casein, 10% Egg White	
DIGESTIVE ENZYMES	100 mg	**
Peptidase Proteolytic Enz	ymes	
* Percent Daily Values are based on a	2.000 culiado del	

Isolate, Ultrafiltered Whey Protein Concentrate, Fon Albumen), Crean

Acesultame Potassium, Sucralose, Soy Lecithin, Red #40 MANUFACTURED BY Body Nutrition



