**BODYBUILDING.COM SPORTS NUTRITION**

Here at Bodybuilding.com, our goal is to help people like you meet your health, fitness and appearance goals through information, motivation and supplementation. We want you to have every possible tool at your disposal, so we constantly add more articles, videos, workouts, diet plans and transformation stories to our website. We've also developed a full line of our own nutritional supplements that—when combined with the right workout and nutrition program—will help you reach your goals. All Bodybuilding.com products have been formulated to the highest standards with high-quality, effective ingredients that produce real results. If you aren't completely satisfied with any product, return it any time for a full refund.


PACKAGED BY WEIGHT NOT VOLUME.
CONTENTS MAY SETTLE DURING SHIPPING.



**BODYBUILDING.COM**
# 100% CASEIN

**SLOWER IS BETTER**
Get a steady flow of amino acids and protein to tired muscle tissues long after you leave the gym.* While whey isolate protein is ideal for your post-work-out shake, casein protein is the top choice for repair around the clock when you aren't training - especially between meals or before bed.* Supplement with Bodybuilding.com Casein Protein to support your results!* For more information about this product visit Bodybuilding.com.

**GET MORE FROM BODYBUILDING.COM:**

- **INFORMATION:** BODYBUILDING.COM/FUN
- **MOTIVATION:** BODYBUILDING.COM/BODYBUILDING
- **SUPPLEMENTATION:** BODYBUILDING.COM/STORE

## AMINO ACID PROFILE

| EACH SERVING CONTAINS: | |
|---|---|
| Alanine | 794 mg |
| Arginine | 902 mg |
| Aspartic Acid | 1810 mg |
| Cystine | 181 mg |
| Glutamic Acid | 5330 mg |
| Glycine | 469 mg |
| Histidine | 677 mg |
| Isoleucine | 1154 mg |
| Leucine | 2281 mg |
| Lysine | 2091 mg |
| Methionine | 658 mg |
| Phenylalanine | 1178 mg |
| Proline | 2300 mg |
| Serine | 1286 mg |
| Threonine | 1052 mg |
| Tryptophan | 240 mg |
| Tyrosine | 1239 mg |
| Valine | 1527 mg |

FOUNDATION SERIES FOUNDATION SERIES FOUNDATION SERIES

**BODYBUILDING.com**

NATURAL & ARTIFICIAL FLAVOR
**CHOCOLATE**

# 100% CASEIN
SPORTS NUTRITION

**24g** PROTEIN

**5.0g** BCAAs

**10g** ESSENTIAL AMINO ACIDS

**0g** TRANS FAT

DAILY | LIFE | PERFORMANCE

**50 SERVINGS**

Net Wt. 4 lbs. (1.814g)
**DIETARY SUPPLEMENT**

FOUNDATION SERIES FOUNDATION SERIES FOUNDATION SERIES

## Supplement Facts

Serving Size: 1 scoop (36g)
Servings Per Container: About 50

| | Amount per serving | % Daily Value |
|---|---|---|
| Calories | 140 | |
| Calories From Fat | 20 | |
| **Total Fat** | 2.3 g | 3%* |
| Saturated Fat | 0.5 g | 3%* |
| Trans Fat | 0 g | † |
| **Cholesterol** | 15 mg | 5% |
| **Total Carbohydrate** | 6 g | 2%* |
| Dietary Fiber | 1 g | 4% |
| Sugars | 2 g | |
| **Protein** | 24 g | 48%* |
| Sodium (as sodium chloride) | 60 mg | 3% |
| Potassium | 260 mg | 7% |

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily value not established.

**OTHER INGREDIENTS:** Micellar casein, Milk protein concentrate, Nonfat creamer (Sunflower oil, corn syrup solids, sodium caseinate, mono- and diglycerides, dipotassium phosphate, trisodium phosphate, silicon dioxide), Natural and Artificial Flavors, Stevia leaf extract, Sucralose, Acesulfame potassium, Salt, Enzymes.

**ALLERGEN WARNING:** Contains MILK and SOY and is manufactured in a facility that also processes EGG, WHEAT and PEANUT.

**DIRECTIONS**
Mix one scoop with 10 to 12 oz. of water, milk, fruit juice or your favorite beverage. Take 100% Casein before bed and/or in between meals when slow digesting protein is required.* For optimal results mix 100% Casein with 100% Whey Power for a combination of slow digesting and fast digesting protein support.* Serving scoop included, but may settle to the bottom during shipping.

**Do not use as a sole source of nutrition.**

**WARNINGS**
Keep out of reach of children. Store in a cool, dry place below 80°F. Before using this product, consult with your physician if you are using any prescription or over the counter medication, if you have any pre-existing medical condition, or if you are planning a medical procedure. Do not use if the seal is broken or missing. This product contains chemicals known to the state of California to cause cancer, birth defects or other reproductive harm.

Distributed by:
**BODYBUILDING.com**
4000 Engineers Way, Suite 107
N. Las Vegas, Nevada 89081
1-866-236-8417

FOUNDATION SERIES FOUNDATION SERIES FOUNDATION SERIES FOUNDATION