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.

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.

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AMINO ACID PROFILE

EACH SERVING CONTAINS:

Alanine	792 mg
Arginine	897 mg
Aspartic Acid	1809 mg
Cystine	179 mg
Glutamic Acid	5203 mg
Glycine	449 mg
Histidine	688 mg
Isoleucine	1271 mg
Leucine	2317 mg
Lysine	2108 mg
Methionine	673 mg
Phenylalanine	1166 mg
Proline	2347 mg
Serine	1301 mg
Threonine	1061 mg
Tryptophan	239 mg
Tyrosine	1256 mg
Valine	1540 mg

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

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

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BODYBUILDING.COM

NATURAL & ARTIFICIAL FLAVOR
VANILLA

24G PROTEIN

5.0G BCAAs

100% CASEIN

S P O R T S N U T R I T I O N

10G ESSENTIAL AMINO ACIDS

0G TRANS FAT

DAILY SIZE PERFORMANCE

52 SERVINGS

Net Wt. 4 lbs. (1,814g)
DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 scoop (35g)
Servings Per Container: About 52

	Amount per serving	% Daily Value
Calories	140	
Calories From Fat	20	
Total Fat	2 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)	50 mg	2%
Potassium	130 mg	4%

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

OTHER INGREDIENTS: Micellar casein, Milk protein concentrate, Nondairy creamer (Sunflower oil, corn syrup solids, sodium caseinate, mono- and diglycerides, dipotassium phosphate, tricalcium phosphate, soy lecithin, tocopherols), Natural and artificial flavors, Polydextrose, Cellulose gum, Sucralose, Silicon dioxide.

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:

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