FOUNDATION SERIES

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.

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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FOUNDATION SERIES

BODYBUILDING.COM
100% CASEIN

SLOWER IS BETTER
Get a steady flow of amino acids and protein to feed 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:	Total Grams
Alanine	787 mg
Arginine	891 mg
Aspartic Acid	1797 mg
Cystine	178 mg
Glutamic Acid	5168 mg
Glycine	446 mg
Histidine	683 mg
Isoleucine	1262 mg
Leucine	2302 mg
Lysine	2094 mg
Methionine	668 mg
Phenylalanine	1158 mg
Proline	2311 mg
Serine	1292 mg
Threonine	1094 mg
Tryptophan	238 mg
Tyrosine	1347 mg
Valine	1530 mg

FOUNDATION SERIES

BODYBUILDING.com

24G PROTEIN

5.0G BCAAs

100% CASEIN
SPORTS NUTRITION

DAILY USE PERFORMANCE

50 SERVINGS

FOUNDATION SERIES

NATURAL & ARTIFICIAL FLAVOR
COOKIES & CREAM

10G ESSENTIAL AMINO ACIDS

0G TRANS FAT

Net Wt. 4 lbs. (1.814kg)
DIETARY SUPPLEMENT

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 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	150 mg	4%

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

OTHER INGREDIENTS: Micellar casein, Milk protein concentrate, Whey protein concentrate, Cocoa (processed with alkali), Inulin (prebiotic fiber), Hydrogenated palm oil, Corn syrup solids, Sodium caseinate, Natural and Artificial Flavors, Dipotassium phosphate, Sodium phosphate, Soy lecithin, Tocopherols, Natural and artificial flavors, Cream filled chocolate cookie pieces (sugar, enriched flour, cocoa, soybean and palm oil, corn syrup, leavening [baking soda, monocalcium phosphate], palm oil with TBHQ for freshness, cocoa processed with alkali, invert sugar, hydrogenated cottonseed oil, salt, artificial flavor), Cookie pieces (sugar, enriched flour, cocoa, soybean and palm oil, corn syrup, leavening [baking soda, monocalcium phosphate], artificial flavor, soy lecithin, wheat), Polysaccharide Gel, Stevia Extract.

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

FOUNDATION SERIES

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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