



Suggested Use: Take NutraBio Casein before bed and/or between meals when slow digesting protein is desired. Add 1 scoop with 8 ounces of cold water or your favorite beverage to a shaker cup or blender and mix for 25-30 seconds. Vary the amount of liquid to meet your desired taste and consistency. Drink 1-3 servings daily as needed to satisfy your protein requirements. Using nonfat milk instead of water will give you a thicker, creamier shake.

SUSTAINED RELEASE FOR PROLONGED AMINO ACID DELIVERY.
Micellar Casein has a slow absorption rate into the bloodstream, which provides a steady stream of amino acids to muscle cells lasting 4-6 hours. This ensures positive nitrogen retention in muscles for much longer periods compared to whey protein. Casein is best taken at night or in combination with whey protein isolate after workouts to help provide sustained amino acid delivery during the two most crucial times of muscle growth: during sleep and post-training.

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|---------------------------------|---------------------------------|
| NO INFERIOR CASEINATE | NO FILLERS or EXCIPIENTS |
| NO ADDED SUGARS | NO PROPRIETARY BLENDS |
| NO GLUTEN or BSE/TSE | NO HIDDEN INGREDIENTS |
| NO DEXTROSE/MALTODEXTRIN | NO BANNED SUBSTANCES |

HIGH CONCENTRATION OF BCAAs & AMINO ACIDS
Shown is the typical amino acid profile per serving which is derived from micellar casein only. Absolutely no ingredients have been added to spike protein values.

Essential Amino Acids (EAAs)		Conditionally Essential Amino Acids (CAAs)		Nonessential Amino Acids (NAAs)	
Threonine	340mg	Arginine	895mg	Aspartic Acid	1750mg
Valine**	1512mg	Cysteine	243mg	Serine	1250mg
Threonine	1079mg	Isoleucine	1255mg	Glycine	403mg
Isoleucine**	1295mg	Histidine	648mg	Alanine	772mg
Leucine**	2253mg	Proline	2348mg		
Lysine	1505mg	Glutamic Acid	5031mg		
Phenylalanine	1173mg	(Glutamine Precursor)			
Methionine	710mg				

** Branched Chain Amino Acids



NUTRABIO

BUILD | REPAIR | RECOVER

100% MICELLAR CASEIN

SLOW DIGESTING PROTEIN

- NO FILLERS**
 - NO EXCIPIENTS**
 - NO ADDITIVES** (except flavoring)
- Anti-Catabolic Protein.
Ultimate Nighttime Protein.
High Concentration of BCAAs.

2lb Dietary Supplement
Net Wt. 2lb (907 g)

MADE IN OUR
GMP
&
FDA
INSPECTED
FACILITY

25G
PROTEIN

5G
BCAAs

NON-GMO
®D



DUTCH CHOCOLATE

Supplement Facts

Serving size: 1 scoop (33.83 grams)
Servings per container: 26.8

Amount Per Serving	% Daily Value
Calories 120	
Calories from Fat 10	
Total Fat 1g	1%*
Saturated Fat 0.5g	3%*
Cholesterol 15mg	5%*
Total Carbohydrate 3g	1%*
Dietary Fiber <1g	3%*
Sugars 1g	†
Protein 25g	50%*
Calcium 730mg	70%*
Iron 0.3mg	3%*
Sodium 78mg	3%*
Potassium 97mg	3%*

Micellar Casein (non-denatured) 31.65g †
(Cold processed, isolated with surfactant lecithin.)

Flavoring 2.15g †
(Natural cross powder 1.2g, natural flavor 70mg, salt 110mg, xanthan gum 130mg, sucralose 10mg)

* Percent Daily Values are based on a 2000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: ABSOLUTELY NONE
Allergens: Milk.
Kosher, Non-GMO, Gluten Free, Soy Free & BSE/TSE Free.
This product is intended as a dietary supplement only. Do not use as a sole source of nutrition.

STORE IN A COOL, DRY PLACE. SERVING SCOOP INCLUDED (MAY SETTLE TO THE BOTTOM 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.)

NUTRABIO
WITHOUT COMPROMISE SINCE 1994
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FULL LABEL DISCLOSURE
NO PROPRIETARY BLENDS | EVERY INGREDIENT DISCLOSED WITH DOSAGE

