



**Suggested Use:** Take NutraBio Casein before bed and/or between meals when slow digesting protein is desired. Add 1 scoop with 6 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.

- NO INFERIOR CASEINATE**
- NO ADDED SUGARS**
- NO GLUTEN or BSE/TSE**
- NO DEXTROSE/MALTODEXTRIN**
- NO FILLERS or EXCIPIENTS**
- NO PROPRIETARY BLENDS**
- NO HIDDEN INGREDIENTS**
- 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)
Leucine** 340mg	Arginine 895mg	Aspartic Acid 1790mg
Valine** 1512mg	Cysteine 247mg	Serine 1295mg
Threonine 1019mg	Tyrosine 1295mg	Glycine 483mg
Isoleucine** 1235mg	Histidine 540mg	Alanine 172mg
Leucine** 2253mg	Proline 2346mg	
Cysteine 1675mg	Glutamic Acid 5831mg	
Phenylalanine 1173mg		
Methionine 710mg		

\*\* Branched Chain Amino Acids

# NUTRABIO

BUILD | REPAIR | RECOVER

# 100% MICELLAR CASEIN

SLOW DIGESTING PROTEIN

- NO FILLERS**
- NO EXCIPIENTS**
- NO ADDITIVES**  
(except flavoring)

Slow Digesting Anti-Catabolic Protein.  
Ultimate Nighttime Protein.  
High Concentration of BCAAs.

**5lb**

Dietary Supplement  
Net Wt. 5lb (2268 g)

MADE IN OUR  
**GMP**  
&  
**FDA**  
INSPECTED  
FACILITY

**25G**  
PROTEIN

**5G**  
BCAAs

NON-GMO  
@D

## Supplement Facts

Serving size: 1 scoop (33.83 grams)  
Servings per container: 67

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	†
<small>(Cold processed, instantized with sunflower lecithin.)</small>	
Flavoring 2.18g	†
<small>(Natural cocoa powder 1.2g, natural flavor 100mg, salt 110mg, xanthan gum 100mg, sucralose 70mg)</small>	

\* 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 1999  
Manufactured by NutraBio Labs, Inc.  
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**FULL LABEL DISCLOSURE**  
NO PROPRIETARY BLENDS | EVERY INGREDIENT DISCLOSED WITH DOSAGE

