



**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 20-30 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 865mg	Aspartic Acid 1790mg
Valine** 1512mg	Cysteine 247mg	Serine 1290mg
Threonine 1819mg	Valine 1265mg	Glycine 463mg
Isoleucine** 1205mg	Histidine 648mg	Alanine 772mg
Leucine** 2253mg	Proline 2346mg	
Cysteine 1575mg	Glutamic Acid 5031mg	
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)



**25G PROTEIN**

**5G BCAAs**



ALPINE VANILLA

**Supplement Facts**

Serving size: 1 scoop (32.50 grams)  
Servings per container: 69.8

Amount Per Serving	% Daily Value
Calories 110	
Calories from Fat 5	
Total Fat 0.5g	1%*
Cholesterol 15mg	5%*
Total Carbohydrate 2g	<1%*
Sugars 1g	†
Protein 25g	50%*
Calcium 710mg	70%*
Sodium 60mg	2%*
Potassium 80mg	2%*

**Micellar Casein (non-denatured)** 31.65g †  
(Cold-processed, instantized with sunflower lecithin.)

**Flavoring** <1g †  
(natural vanilla flavor 0.10mg, xanthan gum 10mg, sucralose 75mg, salt 0.0mg)

\* 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

