



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) |
|------------------------------|--|---------------------------------|
| Tryptophan 340mg | Arginine 895mg | Aspartic Acid 1790mg |
| Valine** 1512mg | Cysteine 247mg | Serine 1296mg |
| Threonine 1019mg | Tyrosine 1265mg | Glycine 463mg |
| Isoleucine** 1265mg | Histidine 648mg | Alanine 772mg |
| Leucine** 2253mg | Proline 2346mg | |
| Lysine 1975mg | 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)
- 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



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 | † |
| <small>(Cold processed. Instantized with sunflower lecithin.)</small> | |
| Flavoring <1g | † |
| <small>(natural vanilla flavor 610mg, xanthan gum 100mg, sucralose 75mg, salt 65mg)</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 1996
Manufactured by NutraBio Labs, Inc.
564 Lincoln Blvd., Middlesex, NJ 08846
(732-748-8606) WWW.NUTRABIO.COM

FULL LABEL DISCLOSURE
NO PROPRIETARY BLENDS | EVERY INGREDIENT DISCLOSED WITH DOSAGE

