

DIRECTIONS: Mix 1 scoop with 350 ml liquid and shake vigorously! 100% Casein Complex can be ideal when meals are too far apart for some reason, or before going to bed. If you use pre- and intra-workout nutrition (protein or amino acids), it may be preferable to include Casein as the main post-workout protein. Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such.

100% Casein Complex is a Micellar Casein dominant milk protein blend exclusively from casein milk proteins. Casein is high in the essential branched-chain amino acids (BCAA's) and very high (higher than Whey) in L-Glutamine, the most abundant free amino acid in human blood. 100% Casein Complex's protein contributes to the maintenance and growth of muscle mass and also to the maintenance of normal bones*. This product's milk proteins are so-called complete proteins, because they provide the body with all the necessary types of amino acids, including the 9 amino acids the body cannot synthesize and must be supplied by the diet (i.e. Histidine, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Threonine, Tryptophan, Valine). Extra L-Glutamine and Taurine plus the digestive enzymes Papain and Bromelain are added to the formula!

Aspartame free!

*These statements have been authorized by the European Food Safety Authority.

Allergen info: Manufactured in a facility that processes milk, soy and egg proteins, and gluten, peanuts!

Store in a cool, dry place. Heat and sunlight may damage the bottle!

Best before end: see on packaging. **Batch number:** see on packaging.

Supplement Facts

Serving Size: 30 g (1 heaping scoop)

Servings Per Container: 30

Amount Per Serving

Calories 116 Calories from Fat 14

		RDA%*		RDA%*	
Total Fat	1.6 g	†	Total Carbohydrate	2.5 g	†
Saturated Fat	0.6 g	†	Sugars	1 g	†
Cholesterol	24 mg	†	Dietary Fiber	0 g	†
Sodium	19 mg	†	Protein	23 g	†
Potassium	60 mg	3%			

Amino Acid Matrix (L-Glutamine, Taurine, Dextrose)	1350 mg	†
Digestive Enzyme Blend (Papain, Bromelain)	25 mg	†

*RDA%: Percent of the Recommended Daily Allowance.

† RDA not established in the EU.

Typical Amino Acid Profile Per Serving

L-Alanine	787 mg	L-Methionine	559 mg*
L-Arginine	653 mg	L-Phenylalanine	939 mg*
L-Aspartic Acid	1794 mg	L-Proline	1797 mg
L-Cysteine	225 mg	L-Serine	1177 mg
L-Glutamine	5309 mg	Taurine	905 mg
Glycine	353 mg	L-Threonine	1119 mg*
L-Histidine	550 mg	L-Tryptophan	295 mg*
L-Isoleucine	1241 mg*	L-Tyrosine	953 mg
L-Leucine	2127 mg*	L-Valine	1421 mg*
L-Lysine	1819 mg*	*Essential Amino Acids	

Ingredients: High-Quality Milk Protein Complex (Micellar Casein and Calcium Caseinate), Cocoa Powder (10-12%), Dextrose, Flavoring (Chocolate), Artificial Sweeteners (Acesulfame-K, Sucralose), Digestive Enzymes (Papain, Bromelain), L-Glutamine, Taurine.

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