



TRUTEIN (WHEY, CASEIN & EGG WHITE PROTEIN BLEND)



Balanced Whey, Casein & Egg Ratios

Sustained-Release Protein Matrix

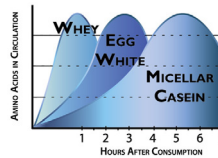
Premium Grass-Fed Dairy

NO Amino Spiking

NO Proprietary Blend

Trutein is a premium protein blend of 45% Whey, 45% Micellar Casein & 10% Egg White. Our blend is unique because we do not hide the protein ratios in a 'proprietary blend' and we've formulated the best-tasting protein in the world according to our customers.

OPTIMIZED SUSTAINED-RELEASE PROTEIN BLEND



Trutein contains three different forms of protein: whey, micellar casein and egg white. The benefits of supplementing with both micellar casein and egg white alongside whey are their very different rates of absorption. While whey is quickly broken down within an hour, egg proteins are absorbed within 2.5 to 3 hours and micellar caseins are digested over the course of 7 hours. Taken together, this means that Trutein promotes stabilized total-body amino acid saturation to continually fuel muscle synthesis & recovery.

25G PROTEIN PER SCOOP

Non-Proprietary 45% Whey, 45% Micellar Casein, 10% Egg White Blend

GLUTEN FREE

Contains No Wheat or Gluten Ingredients (excluding Cookies & Cream, which contains wheat)

5.9G BCAAs & 5.1G GLUTAMINE

2.7g Leucine, 1.5g Isoleucine, & 1.7g Valine for Muscle Synthesis & Recovery

PREBIOTIC FIBER & ENZYMES

Prebiotic Inulin Fiber & Protease Enzymes Promote Digestive Health

LOW CARBS & LOW SODIUM

No Added Sugar or Salt

TRUTEIN DOES NOT USE A DECEPTIVE "PROPRIETARY BLEND"

OURS | Balanced



A "proprietary blend" is the term that supplement marketers use to describe doctoring protein supplements to make them appear much better than they really are. For example, many proteins boldly claim the inclusion of micellar casein and egg white, yet the reality is that unless the specific proportions are clearly stated you are likely receiving 98% of whey protein concentrate and less than 1% of micellar casein and egg white. This is because whey is much, much cheaper than micellar casein and egg protein. The company is more concerned with profits than with quality and this leaves you, the customer, left in the dark.

THEIRS | Unbalanced



The whole point of using micellar casein and egg white is for their unique sustained-release anabolic and anti-catabolic properties, which are much slower-digesting than whey. By adding only tiny amounts of these protein forms it defeats the whole purpose of their use, thus rendering their inclusion pointless and misleading. Ultimately, these companies are breaching the trust between them and you, and you, as the consumer are being duped.

Trutein, on the other hand, values labeling integrity and reveals exactly the percentage component of its individual protein components. You know exactly what you're buying and you can rest assured that you truly are receiving the highest quality formula available.

Banana Cream



Birthday Cake



Chocolate



Chocolate Peanut Butter Cup



Cinna Bun



Cookies & Cream



Lemon Meringue Pie



Mocha



Peanut Butter Marshmallow Cookie



Red Velvet Cake



Smores



Strawberries & Cream



Vanilla Bean





TRUTEIN NATURALS: THE ORIGINAL TRUTEIN MADE ALL-NATURAL!



100% All Natural **Balanced Whey, Casein & Egg Ratios** **Sustained-Release Protein Matrix** **Premium Grass-Fed Dairy** **Gluten Free**

Trutein NATURALS is the same great Trutein protein powder that you know and love, except we have made it 100% natural with absolutely no artificial sweeteners, colors or other ingredients. Our premium protein blend of 45% Whey, 45% Micellar Casein & 10% Egg White is still the same.

ALL NATURAL

No Artificial Sweeteners, Flavors, Colors or Other Ingredients!

25G PROTEIN PER SCOOP

Non-Proprietary 45% Whey, 45% Micellar Casein, 10% Egg White Blend

GLUTEN FREE

Contains No Wheat or Gluten Ingredients

5.9G BCAAs & 5.1G GLUTAMINE

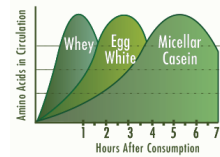
2.7g Leucine, 1.5g Isoleucine, & 1.7g Valine for Muscle Synthesis & Recovery

PREBIOTIC FIBER & ENZYMES

Prebiotic Inulin Fiber & Protease Enzymes Promote Digestive Health

OPTIMIZED SUSTAINED-RELEASE PROTEIN BLEND

TRUTEIN'S PROTEIN BLEND RELEASES SLOWLY OVER TIME!



Trutein contains three different forms of protein: whey, micellar casein and egg white. The benefits of supplementing with both micellar casein and egg white alongside whey are their very different rates of absorption. While whey is quickly broken down within an hour, egg proteins are absorbed within 2.5 to 3 hours and micellar caseins are digested over the course of 7 hours. Taken together, this means that Trutein promotes stabilized total-body amino acid saturation to continually fuel muscle synthesis & recovery.

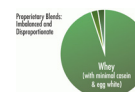
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Cinna Bun



Vanilla Bean



Chocolate



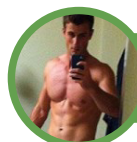
Chocolate Peanut Butter Cup



REAL CUSTOMERS, REAL REVIEWS



I have tried most of the flavors and all were good but Chocolate Peanut Butter Cup was my favorite! (the the truffle one AND marshmallow one are runners up) mix it with unsweetened vanilla almond milk and it's dessert in a shaker cup! This, so far, is the only protein powder that hasn't bothered my stomach one bit.



Trutein is a great supplement for those wanting to know what is in their protein. Great blend of whey, egg and casein. Works amazing and tastes great. CinnaBun is heavenly but very rich and a little thicker than most. Overall great protein blend.



Wow. I love this protein. I have been searching for the perfect whey & casein & I have found the best of both worlds in this product. Profile is great. Flavor is awesome. Mixability is great. Vanilla is so good, I can't stress how good it tastes. You can't go wrong with any of them. Love. Orange Creamsicle tastes exactly like the milk in Froot Loops with an orange aftertaste.



GARDENIA: ALL-NATURAL VEGAN PROTEIN



Pea, Hemp & Quinoa Protein: Raw & Sprouted Whole Grain



Gluten-Free, Dairy-Free, Soy-Free & Peanut-Free



Good Source of Natural Prebiotic Inulin Fiber & Flaxseed



All Natural Antioxidants: 4000mg Phytosterol Blend

Gardenia is the perfect all-natural vegan gourmet protein. We chose a combination of non-GMO pea, quinoa & hemp proteins for their high protein values, complete amino acid profiles & sustainable harvesting. We then complemented these proteins with a selection of the very best greens, superfruits & botanicals. These nutrients provide key phytosterols, antioxidants and vitamins & minerals to help promote your optimal health & well-being.

BEST TASTING VEGAN PROTEIN AVAILABLE. PERIOD

If you've been let down by the flavor of vegan proteins before, Gardenia will change your mind!

20G PLANT-BASED PROTEIN PER SCOOP

Raw & Sprouted Pea, Hemp & Quinoa Protein Blend

FULL SPECTRUM AMINO ACID PROFILE

Complete with 2.7g BCAAs & 3.5g Glutamine

PHYTOSTEROL & ANTIOXIDANT BLEND

Each Serving Contains 4000mg & 11 Ingredients Including: Maca, Cupuacu, Goji, Ashwagandha, Acai, Pomegranate & More

PREBIOTIC FIBER & ENZYMES

Prebiotic Inulin Fiber & Protease, Aminopeptidase, Hemicellulase Enzymes Promote Digestive Health

WHAT'S GARDENIA USED FOR?

Optimized as a Healthy Protein for Both Nutrition & Performance

PERFORMANCE



Great for Strength & Recovery

REFUEL



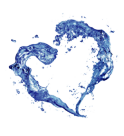
Provides Energy & Nourishment

NUTRITION



Perfect as a Snack or Meal Supplement

REPLENISH



Helps Hydrate & Renew Your Body

WHOLE FOOD INGREDIENTS

Gardenia's Secret: Real Ingredients, Non-GMO & Minimally Processed Raw, Sprouted & Whole Grain Plant-Based Protein Blend



Raw Pea Protein



Sprouted Quinoa Protein



Organic Hemp Protein

Cinna Bun



Vanilla Bean



Chocolate Cacao



Mocha



THE GENESIS OF GARDENIA

Our Intentions Behind the Creation of Gardenia

Gardenia began as an idea with our chief formulator, a vegetarian for 20 years. We set out to fill a void in the market just as we did with TruEitin. We wanted to create the highest-quality plant-based protein that tasted amazing. Every vegan protein that we had tried tasted earthy, grainy & essentially unpalatable. With Gardenia we bring to the market a vegan protein that is bar-none the best tasting formula available and it is something that you'll look forward to drinking and you'll enjoy each sip.



ISO-OLGY: 100% LEUCINE-ENHANCED WHEY ISOLATE



5g Active Leucine Trigger



High Protein: 30g per Serving



Very Low Carbs, Sugar & Fat



Gluten-Free



Made with Premium Grass-Fed Dairy

ISO-ology is specifically engineered to optimize your Post Workout (PWO) nutrition protocol by triggering the maximum anabolic response possible from a whey protein supplement. In fact, gram for gram & scoop for scoop, ISO-ology has up to 100% more Leucine, the most important muscle-building amino acid, compared to any other protein available.

Because ISO-ology is 100% Pure Whey Isolate it is essentially lactose & carbohydrate-free and is ideal for people with lactose-sensitivity and those following carb-restricted diets.

LOADED WITH PROTEIN

Each Serving contains 30g Premium Whey Isolate Protein

5G ACTIVE LEUCINE DOSE

ISO-ology Contains 2x More Leucine – the “Muscle Building Amino” – Compared with Regular Whey

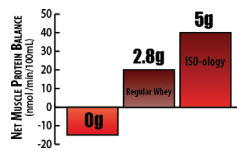
GLUTEN AND LACTOSE FREE

Contains No Wheat Ingredients and is Virtually Lactose-Free

ENGINEERED FOR POST-WORKOUT RECOVERY

Fast-Acting, Fast-Digesting & Double-Leucine Make ISO-ology the Perfect Post-Workout Protein

2X LEUCINE COMPARED TO REGULAR WHEY



Leucine is considered the “muscle-building amino” because of its important roles in:

- 1) Stimulating muscle protein synthesis.
- 2) Acting as a nitrogen donor to help build new muscle, and
- 3) Producing an insulinogenic response that promotes amino acid absorption.

You probably know that there’s a 40-55 minute “window of opportunity” following a good workout to consume the proper nutrition in order to optimize recovery and to build new muscle. Leading research suggests that during this time frame it is best to consume a complete protein that contains about 4g or more of Leucine.¹

Most whey protein unfortunately contains 2g Leucine per scoop. ISO-ology on the other hand provides a total of 5g Leucine per scoop. Research shows that this increased dosage of Leucine may amplify new muscle protein synthesis by two-fold or even more by signaling the body’s processes of new muscle growth.^{2,3}

LEUCINE VISIBILITY TEST



Can you visually see the added Leucine & BCAAs in your protein? Free-form amino acids appear as shiny specks that are highly visible, especially in all darker-colored and chocolate-flavored proteins. Simply put, if you cannot see the additional amino acids, they are not there! This means you’re getting only a minimal amount of the added Leucine/BCAAs and not enough to have a significant muscle-building effect. Note that Body Nutrition has chosen to enhance its ISO-ology with free-form Leucine but without additional Isoleucine and Valine. We based this decision on the fact that the naturally-occurring levels of these other two BCAAs they are already present in whey at ample quantities for the desired anabolic response.

Cinna Bun



Vanilla Bean



Chocolate



Chocolate Peanut Butter Cup



REAL CUSTOMERS, REAL REVIEWS



Body Nutrition really hit this one out of the park. There is absolutely nothing I would change about this. It doesn't taste like chocolate with hints of peanut butter, it doesn't taste like peanut butter with hints of chocolate – it tastes like a Reese's Cup. Plain and simple. The level of chocolate and levels of PB are spot on and taste excellent.



Taste: 5/5 This is the best tasting 100% whey protein I've ever had. Prior to tasting this protein, my favorite was Gold Standard Mocha Cappuccino, which I gave a rating of 5/5. ISO-ology Jamocha tastes slightly (but noticeable enough) better, so I am really impressed. There was no after taste of artificial sweetener.



AMINOLUTION: ADVANCED BCAA + EAA COCKTAIL



Grow Stronger with
12g BCAAs + EAAs



Recover Faster with
Glutamine + Green Tea



Refuel & Burn with
Taurine + B Vitamins



Hydrate with Patented
Chelated Electrolytes

Aminolution is an advanced BCAA & EAA cocktail featuring 12g of Amino Acids for the ultimate strength, recovery & intraworkout supplement. In addition to its BCAAs & EAAs, Aminolution features a matrix of chelated electrolytes, betaine, B-vitamins & green tea extract for consistent clean energy and hydration throughout your workout.

Try our delicious & exciting flavors including Super Fruit, Fruit Punch, Watermelon and Green Apple!

12G BCAA + EAA LEAN MUSCLE SYNTHESIS AND ANTIFATIGUE SUPPORT



Aminolution's BCAA blend helps fuel skeletal muscle growth, preserve muscle glycogen stores and reduce protein breakdown for more lean muscle and greater strength. We use natural plant-based BCAAs unlike the animal-derived BCAAs more commonly found (usually derived overseas from bird feathers) in the market. This allows for a cleaner tasting and more refined product that sets it above the rest. Our 2:1:1 Leucine-Valine-Isoleucine ratio is the most clinically studied proportion to stimulate muscle growth synthesis, and the favored blend of both exercise physiologists and pros.

Aminolution also features a well-balanced nonproprietary EAA blend. Taurine & Carnitine help provide a clean energy boost and assist in cell metabolism. Betaine and Citrulline to reduce fatigue and increase both anaerobic and aerobic performance. And Glutamine as a key building block for a healthy and speedy recovery after your intense workouts.

LOADED WITH 12G AMINOS PER SCOOP

6g Superior 2:1:1 BCAAs + 6g Balanced EAAs

CLEAN, NATURAL ENERGY

B-Vitamins & Taurine support a clean & steady natural energy boost

ALBION® ENHANCED ELECTROLYTES

Chelated Calcium, Magnesium, Manganese & Potassium for Max Absorption and Superior Hydration

RECOVERY POTENTIATOR

Green Tea, Vitamin D, Glutamine, Betaine & more promote healthy, speedy recovery

TRUTEIN DOES NOT USE A DECEPTIVE "PROPRIETARY BLEND"

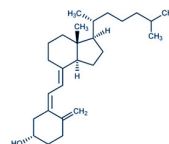
GREEN TEA



Green Tea is not usually something one would expect to find in a BCAA, but those formulas are outdated and haven't taken into account the latest research. Green tea has been shown to protect muscles during intense exertion due to its antioxidants, and it's also been shown that the naturally present catechins help to speed up recovery through inflammation reduction.

(<http://www.ergo-log.com/green-tea-speeds-up-muscle-recovery-after-heavy-training.html>)

Chelated Electrolytes



We amped up our hydration matrix to use only premium mineral chelates for maximum absorption in Aminolution. It's perfect to sip intraworkout between sets or sprints for this reason. Research conducted by Albion® have shown chelated minerals to have higher bio-availability and increased effectiveness due to the absorption pathway utilized by chelates.

Natural Vitamin D



Aminolution includes Vitamin D because this vitamin cofactor helps regulate hormonal functions which stimulate Leydig cells to produce testosterone to assist in speedy and complete muscle fiber recovery.

Fruit Punch



Green Apple



Watermelon



Super Fruit





Perfect budget friendly whey protein with absolutely no fillers or amino spiking

WHEYMAX: FUNCTIONAL INSTANT WHEY PROTEIN SHAKE



High Protein:
30g per Serving



Very Low Carbs,
Sugar & Fat



Gluten Free



Made with Premium
Grass-Fed Dairy

The best bang for your buck! WheyMax is 100% Whey protein with absolutely no fillers or amino spiking. This is the perfect budget conscious whey protein to maximize your results. WheyMax contains no dairy creamers, maltodextrin or any other garbage other companies use to squeeze more profit out of it's consumers. We are fully transparent of what goes into our products. Body Nutrition was born when the industry couldn't meet our needs for quality, taste and value, so we made it ourselves! Enjoy WheyMax post-workout, as a delicious smoothie or anytime as a part of a healthy lifestyle.

LOADED WITH PROTEIN

Each serving contains 24g premium whey protein

GLUTEN FREE

Contains NO wheat ingredients

LOW CARBS & LOW SODIUM

No Added Sugar or Salt

DELICIOUS SHAKE

Mixes Instantly

100% WHEY

Pure protein power!

Chocolate



Vanilla



POWER PUDDING: INSTANT PROTEIN PUDDING



Mixes in
Only 30 Seconds



High Protein:
28g per Serving



Low Carbs,
Sugar & Fat



Made with Premium
Grass-Fed Dairy

Power Pudding Powder is an instant protein pudding mix. Just add water and stir. Every bowl of instant Power Pudding Powder provides 28g of sustained-release protein blend. You're getting the ultimate TruEtain blend of whey, casein and egg white. Power Pudding Instant Protein Pudding Mix is so good you won't believe that you're eating protein. Mixes with cold water in only 30 seconds!

shakes
are
yesterday
pudding
is
today

Power Pudding took over two years to develop since its inception. We constantly reworked & refined the formula to make it as easy-to-prepare and as timeless as possible, and to deliver to you the most fantastic taste imaginable from a protein product. This tastes like ACTUAL PUDDING!

We almost wanted to keep this formula a secret to ourselves because it's just that good, but then that wouldn't be fair to you! You deserve to have an instant protein pudding so that you can mix up your protein repertoire with this new unique twist.

LOADED WITH PROTEIN

Each Serving contains 28g Premium Protein

SUSTAINED-RELEASE PROTEIN BLEND

Magic Pudding uses the same Sustained-Release Whey, Casein & Egg White blend as in our TruEtain Protein

FROM POWDER TO PUDDING IN 30 SECONDS FLAT

Magic Pudding transforms into a rich, creamy pudding after 30 seconds of stirring. No setting time or refrigeration required like with other "instant" puddings

GIANT SERVING SIZE

Each serving of Magic Pudding whips up a LARGE bowl of protein – enough for a real dessert and NOT just 3 to 4 spoonfuls

INSTANT PUDDING IN 3 EASY STEPS

- 1 Scoop 2 scoopfuls of Body Nutrition Power Pudding Instant Protein powder into your preferred bowl
- 2 Add 4oz cold water. The colder the better because no refrigeration is required for "puddification"
- 3 Stir for 30 seconds to make an extra-large size bowl of delicious pudding. No setting-time required!

Vanilla



Chocolate



REAL CUSTOMERS, REAL REVIEWS



This stuff is indeed magical. It fluffs up into a thick creamy pudding in just seconds, just like it says. The texture is spot-on, perfectly smooth, lump-resistant and no grittiness. The flavor leaves nothing lacking, sweet and rich and as good as any stovetop box pudding I've ever made. 10/10 would bang—I mean buy again.



This stuff is awesome. Tastes exactly like chocolate pudding, mixes quickly and has 28g of protein. I mixed mine with water and it was perfect.



One time and I'm hooked. This is a must for me to have and keep. I mixed with unsweetened vanilla almond milk with no problems. The taste is unbelievably amazing!!!! I use as my last meal of the day so my body is fed for many hrs after eating and I'm not weighed down and bloated. It is filling and satisfying. Fantastic job!!