

**140**  
CALORIES

**19g**  
PROTEIN

**5g**  
CARBS

**DIRECTIONS:** Mix 1 level scoop to 8oz. of water, non-fat milk or beverage of your choice. For best results, take up to 30 minutes before sleep.

**Supplement Facts**  
Serving Size: 1 scoop (34.3g)  
Servings Per Container: 27

Amount Per Serving	%Daily Value
Calories 140	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	**
Cholesterol 34mg	11%
Sodium 135mg	6%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Total Sugars 2g	**
Protein 19g	38%
Vitamin D 0mg	0%
Calcium 332mg	26%
Iron 1mg	6%
Potassium 310mg	7%

\* Percent daily values are based on a 2,000 calorie diet.  
\*\* Percent daily value not established.

**Typical Amino Acid Profile**  
Amount Per Serving

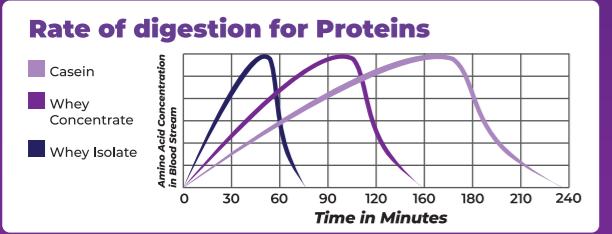
Alanine	740 mg
Arginine	654 mg
Aspartic Acid	1,715 mg
Cysteine	377 mg
Glutamic Acid	1,936 mg
Glycine	371 mg
Histidine †	441 mg
Isoleucine †	1,422 mg
Leucine †	1,948 mg
Lysine †	1,602 mg
Methionine †	479 mg
Phenylalanine	1,192 mg
Proline	1,706 mg
Serine	1,099 mg
Threonine †	706 mg
Tryptophan †	279 mg
Tyrosine	1,018 mg
Valine †	1,072 mg

† Essential Amino Acids  
‡ BCAA's  
‡ The L-Tryptophan indicated is from naturally occurring sources of protein.

*The Benefits of Casein Protein*

- Muscle Mass
- Reduce Cravings
- Lose Weight
- Recovery

*Muscle Recovery while you Sleep*



**ABOUTTIME**

**CASEIN PROTEIN**



with  
MELATONIN,  
TRYPTOPHAN &  
COCONUT OIL POWDER



**CHOCOLATE AT**

DIETARY SUPPLEMENT  
NET WT. 2.04LBS (926.1G)



**ALL-NATURAL SLOW DIGESTING MICELLAR CASEIN**

At **AboutTime®**, we do not believe in sacrificing one good thing for another, we want it all! That's why we develop products that stand for great quality AND taste. In addition, we appreciate simplicity, which is why our casein nighttime recovery protein powder has simple ingredients that you can actually pronounce.

**QUALITY PRODUCTS MADE IN USA**

**AboutTime® CASEIN PROTEIN PM** is a delicious blend of slow-digesting micellar casein protein, melatonin and tryptophan for better sleep and overnight muscle recovery. Each serving is only 140 calories with 5g of carbs and contains 19g of protein!

- SWEETENED WITH STEVIA
- NO ARTIFICIAL SWEETENERS
- DIGESTIVE ENZYMES
- GLUTEN FREE

**THE ABOUTTIME® CORE VALUES**

**AboutTime®** is blended, lab tested and quality approved at our state-of-the-art facility in Pittsburgh, PA, USA.

**Ingredients:** Micellar Casein, Milk Protein Concentrate, Coconut Oil Powder, Cocoa, Natural Flavors, Tryptophan, Stevia, Sodium Chloride, Digestive Enzyme Blend (Protease I, Protease II, Amylase, Lipase, Lactase) and Melatonin.

Contains milk, tree nuts and soy (lecithin). Produced in a facility that produces peanuts, egg, wheat and soy ingredients.

Manufactured & Distributed By: **SDC Nutrition**  
170 Industry Dr, Pittsburgh, PA 15275 • 866-982-9439



† These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**WARNING:** Consuming this product can expose you to chemicals including Lead and Cadmium, which is known to the State of California to cause cancer, and Lead and Cadmium, which is known to the State of California to cause birth defects and/or other reproductive harm. For more information go to [www.P65Warnings.ca.gov](http://www.P65Warnings.ca.gov)

