

Since we founded **CytoSport™** in 1998, we've been dedicated to working with sports scientists, coaches and trainers to redefine protein enhanced products for serious athletes and active lifestyle individuals – supporting performance when it matters.

Over the years, we've expanded to create a comprehensive product line that encompasses the athletic experience from preparation, to hydration, to recovery. Our plant is a **NSF International GMP for Sport™ Registered** facility, inspected and regulated by the **FDA**. We carefully manufacture our powder products onsite at our corporate campus in Benicia, California.

Making efficacious products for athletes and active lifestyle individuals requires responsibility on all fronts. As our business has grown, so has our footprint. We have made environmental sustainability a focus and driver in everyday decision making. For more information, please visit our website.

Through it all, **CytoSport** has been committed to one thing, *Building Athletes from the Inside Out™*.

The CytoSport Team

ESSENTIAL	L-Isoleucine 1,615mg	L-Leucine 3,000mg	L-Valine 1,985mg
	L-Tryptophan 435mg	L-Lysine 2,435mg	L-Threonine 1,220mg
NON-ESSENTIAL	L-Phenylalanine 1,550mg	L-Histidine 865mg	L-Methionine 785mg
	L-Alanine 985mg	L-Arginine 1,000mg	L-Glycine 590mg
	L-Aspartic Acid 2,225mg	L-Glutamine & Precursors 6,470mg	L-Cysteine 415mg
	L-Tyrosine 1,565mg	L-Proline 3,195mg	L-Serine 1,665mg

● = OXYGEN ● = NITROGEN ● = HYDROGEN
● = CARBON ● = SULFUR

When **MUSCLE MILK®** was first introduced, **CytoSport™** scientists attempted to emulate one of nature's most complete and balanced growth promoting foods: human mother's milk. In doing that, **MUSCLE MILK** created a new category of protein drinks, while setting a new standard for both taste and performance.

PRECISION PROTEIN BLEND

MUSCLE MILK CONTAINS A UNIQUE BLEND OF PROTEINS DESIGNED TO PROVIDE ESSENTIAL NUTRIENTS TO AID EXERCISE RECOVERY AND MUSCLE GROWTH.

✓ **SLOWER DIGESTING MICELLAR CASEIN**

From calcium sodium caseinate and milk protein isolate

✓ **RAPID RELEASING WHEY**

From milk protein isolate, whey protein isolate and concentrate, and whey peptides

✓ **AMINO ACIDS**

The building blocks of muscle tissue, from complete proteins, amino acids and peptides

CHOOSE THE RIGHT KIND OF FAT!

THE LEAN LIPIDS™ USED IN MUSCLE MILK ARE A BLEND OF CANOLA OIL, SUNFLOWER OIL AND MEDIUM CHAIN TRIGLYCERIDES (MCTs)
(See Nutrition Facts panel for fat and saturated fat content).

✓ **SATURATED FAT**

*More than 60% from MCTs which are more rapidly burned for energy and are less likely to be stored as body fat than typical fats**

✓ **MONOUNSATURATED FAT**

*From sunflower and canola oils**

✓ **POLYUNSATURATED FAT**

*From canola and sunflower oils**

CHOOSE CARBOHYDRATES WISELY

MUSCLE MILK'S CARBOHYDRATE MIXTURE INCLUDES 9 GRAMS OF CARBOHYDRATES.

✓ **COMPLEX CARBOHYDRATES**

Long chains of energy supplying glucose

✓ **DIETARY FIBER**

Valuable for intestinal health

✓ **FRUCTOSE**

Can be used by the body to make glycogen, the body's quickly available energy bank

This combination of proteins, fat, and carbohydrates supplies essential nutrients to support your performance and active lifestyle.

**Remaining saturated fat supplied by sunflower oil, cocoa powder (only in chocolate flavors), protein blend, and soy lecithin. Trivial amounts of monounsaturated and polyunsaturated fat from cocoa powder (only in chocolate flavors), protein blend, and soy lecithin.*

**Our products are tested for athletic banned substances in compliance with the NSF International Certified for Sport™ program, which includes semi-annual facility audits, verifying that no NSF 306-Certification Guideline Annex A List banned substances exist in our facility.*

BUILDING ATHLETES FROM THE INSIDE OUT™



MUSCLE MILK®

LEAN MUSCLE PROTEIN POWDER

TASTE SATISFACTION GUARANTEED

CAKE BATTER
NATURALLY AND ARTIFICIALLY FLAVORED

NET WT 39.5 OZ
(2.47 LBS/1120g)

PRE | DURING | POST

32g
LEAN PROTEIN
PER 2 SCOOPS

LACTOSE FREE

20
VITAMINS & MINERALS

*FREE OF BANNED SUBSTANCES



Certified for Sport™
www.nsf.org

Nutrition Facts

Serving Size 1/3 cup (35g) (1 scoop)
Servings Per Container 32

Amount Per Serving	Per 1 Scoop (35g)	Per 2 Scoops (70g)
Calories	150	310
Calories from Fat	50	110

		%DV*		%DV*
Total Fat	6g	9%	12g	18%
Saturated Fat	2g	10%	4g	20%
Trans Fat	0g		0g	
Polyunsaturated Fat	1g		1.5g	
Monounsaturated Fat	3g		6g	

Cholesterol	10mg	3%	20mg	7%
Sodium	80mg	3%	160mg	7%
Potassium	210mg	6%	420mg	12%
Total Carbohydrate	9g	3%	19g	6%
Dietary Fiber	2g	8%	5g	20%
Sugars	2g		4g	
Protein	16g	32%	32g	64%

Vitamin A	15%	35%
Vitamin C	15%	35%
Calcium	25%	50%
Iron	15%	35%
Vitamin D	15%	35%
Vitamin E	15%	35%
Thiamin	15%	35%
Riboflavin	15%	35%
Niacin	15%	35%
Vitamin B6	15%	35%
Folate	15%	35%
Vitamin B12	15%	35%
Biotin	15%	35%
Pantothenic Acid	15%	35%
Phosphorus	20%	40%
Iodine	15%	35%
Magnesium	15%	35%
Zinc	15%	35%
Copper	15%	35%
Chromium	40%	80%

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500

Less than 65g 80g

Less than 20g 25g

Less than 300mg 300mg

Less than 2,400mg 2,400mg

3,500mg 3,500mg

300g 375g

25g 30g

50g 65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

GLUTEN FREE

INGREDIENTS PROTEIN BLEND (CALCIUM SODIUM CASEINATE, MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, WHEY PROTEIN HYDROLYSATE, WHEY PROTEIN CONCENTRATE, LACTO-FERRIN, L-GLUTAMINE, TAURINE), MALTODEXTRIN, SUNFLOWER OIL, SOLUBLE CORN FIBER, CRYSTALLINE FRUCTOSE, MEDIUM CHAIN TRIGLYCERIDES, CANOLA OIL, NATURAL AND ARTIFICIAL FLAVORS, DICALCIUM PHOSPHATE, LESS THAN 1% OF: POTASSIUM CHLORIDE, INULIN, MAGNESIUM OXIDE, ACESULFAME POTASSIUM, POTASSIUM BICARBONATE, SUCRALOSE, SOY LECITHIN, DL-ALPHA TOCOPHERYL ACETATE, ASCORBIC ACID, FERROUS FUMARATE, VITAMIN A PALMITATE, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, D-CALCIUM PANTOTHENATE, L-CARNITINE, CHOLECALCIFEROL, PYRIDOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, CYANOCOBALAMIN.

CONTAINS INGREDIENTS DERIVED FROM MILK, SOY AND EGG.
THIS PRODUCT IS MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, WHEAT AND EGGS.

NUTRITION HIGHLIGHTS

PROTEIN 16g per 1 scoop (35g)	CARBS 9g per 1 scoop (35g)	FIBER 2g per 1 scoop (35g)	CALORIES 150 per 1 scoop (35g)
32g per 2 scoops (70g)	19g per 2 scoops (70g)	5g per 2 scoops (70g)	310 per 2 scoops (70g)

DIRECTIONS and USE



RECOMMENDED USAGE FOR INDIVIDUALS LOOKING TO BUILD SIZE AND GAIN MUSCLE MASS: Mix 2/3 cup (70g) (2 scoops) (2 servings) Muscle Milk Powder into 10-16 fl. oz. / day.

RECOMMENDED USAGE FOR INDIVIDUALS THAT WANT FEWER CALORIES: Mix 1/3 cup (35g) (1 scoop) (1 serving) Muscle Milk Powder into 5-8 fl. oz. / day.

MUSCLE MILK can be used either before workouts, after workouts or prior to bedtime. Individual nutritional requirements vary depending on gender, body weight, level of activity and exercise/training intensity. CytoSport products complement a smart eating and hydration plan, that when combined with a balanced exercise or resistance training program, may contribute to weight management and recovery from exercise. Use as part of a well-balanced diet that includes whole foods and other protein sources. **Do not use this product as your sole source of nutrition.**



FOR INFORMATION ON CYTOSPORT PRODUCTS
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