

CHOCOLATE
NATURALLY AND ARTIFICIALLY FLAVORED



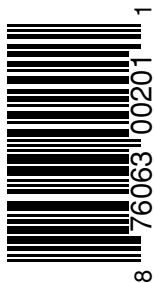
GENUINE
MUSCLE MILK[®]
CONTAINS NO MILK
Includes Milk Proteins
PROTEIN NUTRITION SHAKE

CENTRE FRONT PANEL



14 FL OZ (414 mL)

WHY DO YOU WORKOUT? IS YOUR SEASON ON THE LINE?
YOU HAVE A BIG RACE COMING UP? YOU WANT TO PUSH
YOUR MIND AND BODY TO TEST THE OUTER LIMITS OF
HUMAN DETERMINATION?
OR ARE YOU JUST TRYING TO SQUEEZE A LITTLE MORE
CARDIO INTO YOUR WORK WEEK?
IT DOESN'T MATTER.
WE ALL NEED STRENGTH. AND DRINKING MUSCLE MILK[®]
AFTER YOUR WORKOUT HELPS BUILD STRENGTH.



CA Cash Refund
ME, 5¢ deposit

L-00201-REV10/HPS-01/13

**Muscle Milk[®]
Recovery Grant**
Help a High School
Athletic Department
in need - Visit
facebook.com/musclemilk
to find out more.



PRODUCED FOR
CYTOSPORT, INC.
BENICIA CA 94510 ©2013
CONSUMER INFO
CALL 1-888-298-6629
MUSCLEMILK.COM



MADE IN USA

GENUINE
MUSCLE MILK[®]

REFRIGERATE AFTER OPENING

Nutrition Facts
Serving Size 14 fl. oz. (414 mL)
Servings Per Container 1

Amount Per Serving		% Daily Value*	
Calories	230	Calories from Fat	80
Total Fat	9g	14%	
Saturated Fat	1.5g	8%	
Trans Fat	0g		
Polyunsaturated Fat	1.5g		
Monounsaturated Fat	6g		
Cholesterol	10mg	3%	
Sodium	380mg	16%	
Potassium	1010mg	29%	
Total Carbohydrate	11g	4%	
Dietary Fiber	2g	8%	
Sugars	3g		
Protein	25g	50%	
Vitamin A	25%	• Vitamin C	25%
Calcium	25%	• Iron	30%
Vitamin D	25%	• Vitamin E	25%
Thiamin	25%	• Riboflavin	25%
Niacin	25%	• Vitamin B6	25%
Folate	25%	• Vitamin B12	25%
Biotin	25%	• Pantothenic Acid	25%
Phosphorus	45%	• Iodine	25%
Magnesium	30%	• Zinc	25%
Copper	25%	• Chromium	60%

*Percent Daily Values 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
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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WATER, CALCIUM SODIUM CASEINATE, MILK PROTEIN ISOLATE, ALKALIZED COCOA POWDER, LESS THAN 1% OF: MALTODEXTRIN, CANOLA OIL, SUNFLOWER OIL, CRYSTALLINE FRUCTOSE, DIPHOSPHATE, POTASSIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVORS, CELLULOSE GUM AND GEL, WHEY PROTEIN CONCENTRATE, MAGNESIUM PHOSPHATE, SOY LECITHIN, POTASSIUM CHLORIDE, SODIUM CITRATE, POTASSIUM ACETATE, CALCIUM PHOSPHATE, CALCIUM HYDROGEN PHOSPHATE, CALCIUM PHOSPHATE, SUCRALOSE, D-ALPHA-TOCOPHEROL ACETATE, D-CALCIUM PANTOIC ACETATE, NIACINAMIDE, ZINC OXIDE, COPPER CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, CHOLECALCIFEROL, CYANOCOBALAMIN.

CONTAINS INGREDIENTS DERIVED FROM MILK AND SOY.
MUSCLE MILK PROVIDES NUTRIENTS FOUND IN NATURAL MILK THAT ARE IMPORTANT FOR BUILDING MUSCLES AND BONES.

GLUTEN FREE