

VANILLA CRÈME
NATURALLY AND ARTIFICIALLY FLAVORED



GENUINE
MUSCLE MILK

CONTAINS NO MILK
Includes Milk Proteins

PROTEIN NUTRITION SHAKE

CENTRE OF FRONT PANEL

210
CALORIES
PER BOTTLE

25g
PROTEIN
LACTOSE FREE

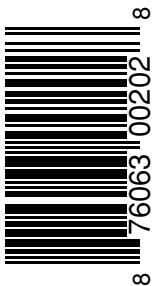
14 FL OZ (414 mL)

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-00202-REV10HPS-01/13

Muscle Milk®
Recovery Grant
Help a High School
Athletic Department
in need - Visit
[facebook.com](http://facebook.com/muscle milk)
[/muscle milk](http://muscle milk)
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
Calories 210 Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 6g

Cholesterol 10mg **3%**

Sodium 330mg **14%**

Potassium 780mg **22%**

Total Carbohydrate 8g **3%**

Dietary Fiber <1g **3%**

Sugars 3g

Protein 25g **50%**

Vitamin A 25% • Vitamin C 25%

Calcium 25% • Iron 25%

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 40% • Iodine 25%

Magnesium 25% • 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 CASHEMATE, MILK PROTEIN ISOLATE, LESS THAN 1% OF CANOLA OIL, SUNFLOWER OIL, XANTHAN GUM, SUCRALOSE, SUCRALOSE ACESULFAME, SODIUM PHOSPHATE, POTASSIUM PHOSPHATE, POTASSIUM CHLORIDE, SODIUM HEXAMETA PHOSPHATE, CARAMEL, ACESULFAME, POTASSIUM TRICALCIUM PHOSPHATE, POTASSIUM CITRATE, ASCORBIC ACID, FERRIC PYROPHOSPHATE, SODIUM PHOSPHATE, DICALCIUM PHOSPHATE, SUCRALOSE, D-ALPHA-TOCOPHERYL ACETATE, D-CALCIUM PANTOTHENATE, MAGNANIMIDE, ZINC OXIDE, COPPER GLUCONATE, VITAMIN A PALMITATE, PYRIDOXINE-HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN, CHROMIUM 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.

INGREDIENTS: WATER, CALCIUM SODIUM CASHEMATE, MILK PROTEIN ISOLATE, LESS THAN 1% OF CANOLA OIL, SUNFLOWER OIL, XANTHAN GUM, SUCRALOSE, SUCRALOSE ACESULFAME, SODIUM PHOSPHATE, POTASSIUM PHOSPHATE, POTASSIUM CHLORIDE, SODIUM HEXAMETA PHOSPHATE, CARAMEL, ACESULFAME, POTASSIUM TRICALCIUM PHOSPHATE, POTASSIUM CITRATE, ASCORBIC ACID, FERRIC PYROPHOSPHATE, SODIUM PHOSPHATE, DICALCIUM PHOSPHATE, SUCRALOSE, D-ALPHA-TOCOPHERYL ACETATE, D-CALCIUM PANTOTHENATE, MAGNANIMIDE, ZINC OXIDE, COPPER GLUCONATE, VITAMIN A PALMITATE, PYRIDOXINE-HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, CHOLECALCIFEROL, CYANOCOBALAMIN.

GLUTEN FREE