

GENUINE

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**WORK OUT. RECOVER.
MOVE FORWARD. MOVE FAST.**

**32G
PROTEIN
PER 2 SCOOPS**

**HIGH QUALITY
PROTEIN:**

- Build lean muscles
- Recover after exercise

**20
VITAMINS
& MINERALS
PER 2 SCOOPS**

**EXCELLENT SOURCE
OF 20 VITAMINS
AND MINERALS:**

- Antioxidant vitamins A, C and E
- Vitamin D, Calcium, Magnesium and Phosphorus for strong bones

SUITABLE FOR MOST INDIVIDUALS SENSITIVE TO LACTOSE



***FREE OF
BANNED
SUBSTANCES**

NSF screens for more than 200 substances banned by most major athletic organizations. The main components of NSF's certification program are label claim review, a toxicology review to certify the formulation and contaminant review to ensure against contaminants. nsfsport.com

**TYPICAL AMINO ACID
PROFILE FROM
COMPLETE PROTEIN**
as found in a 70g serving of MUSCLE MILK® Protein Powder*

ESSENTIAL	
L-Isoleucine	1,620mg
L-Valine	1,985mg
L-Leucine	3,015mg
L-Histidine	870mg
L-Lysine	2,450mg
L-Methionine	795mg
L-Phenylalanine	1,550mg
L-Threonine	1,220mg
L-Tryptophan	430mg

◀ Branched chain amino acids leucine, isoleucine and valine help support muscle maintenance and growth.

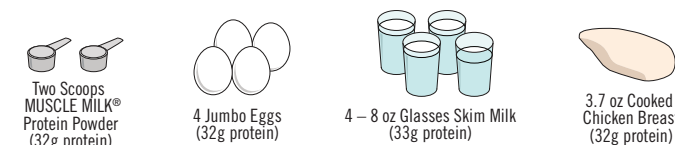
◀ Leucine triggers muscle protein growth and helps prevent muscle protein breakdown.

*Approximate values

NON-ESSENTIAL	
L-Alanine	970mg
L-Arginine	980mg
L-Aspartic Acid	2,190mg
L-Cysteine	405mg
L-Glutamic Acid	6,475mg
L-Glycine	570mg
L-Proline	3,230mg
L-Serine	1,670mg
L-Tyrosine	1,575mg

PROTEIN COMPARISONS

Protein Data from USDA Nutrient Database (ndb.nal.usda.gov)



◀ Branched chain amino acids leucine, isoleucine and valine help support muscle maintenance and growth.

◀ Leucine triggers muscle protein growth and helps prevent muscle protein breakdown.

*Approximate values

MUSCLE MILK[®] BRAND

**32G
PROTEIN
PER 2 SCOOPS**

PROTEIN POWDER

EVERYDAY PERFORMANCE

**310
CALORIES
PER 2 SCOOPS**

EXCELLENT SOURCE OF
**20
VITAMINS
& MINERALS
PER 2 SCOOPS**

**GLUTEN
FREE**



VANILLA CRÈME
NATURALLY & ARTIFICIALLY FLAVORED

SERVING SUGGESTION

NET WT 4.94 LBS (2240G)



Nutrition Facts

Serving Size 1 scoop (35g)
Servings Per Container 64

Amount Per Serving	Per 1 Scoop (35g)	Per 2 Scoops (70g)
Calories	150	310
Calories from Fat	50	110
	%DV*	%DV*
Total Fat	6g	12g
Saturated Fat	2g	4g
Trans Fat	0g	0g
Polyunsaturated Fat	0.5g	1g
Monounsaturated Fat	3g	6g
Cholesterol	10mg	20mg
Sodium	85mg	170mg
Potassium	210mg	420mg
Total Carbohydrate	9g	19g
Dietary Fiber	2g	5g
Sugars	2g	4g
Protein	16g	32g

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%

*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
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

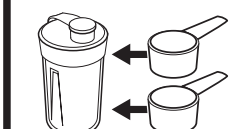
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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

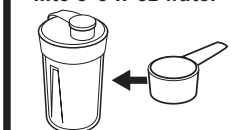
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CONSUMER INFORMATION CALL 1-888-298-6629 OR VISIT MUSCLEMILK.COM

**DIRECTIONS
& USE**

Mix 2 scoops (70g) into 10-16 fl-oz water



Mix 1 scoop (35g) into 5-8 fl-oz water



Notice: Product sold by weight, not by volume. Contents may settle during shipping and handling.

Recommended Usage for Individuals Looking To Build Size and Gain Muscle Mass: To provide 32g of protein, which can aid exercise recovery and muscle growth after workout, mix 2 scoops (70g) MUSCLE MILK® Protein Powder into 10-16 fl. oz. water.

Recommended Usage for Individuals That Want Fewer Calories: To provide 16g of protein, mix 1 scoop (35g) MUSCLE MILK® Protein Powder into 5-8 fl. oz. water.

MUSCLE MILK® Protein Powder can be used before workouts, after workouts or prior to bedtime to help build lean muscle. To further maximize recovery from exercise, you can take advantage of the time period 30-60 minutes after exercise, when the body is optimally primed for replenishing fuel stores, and building and repairing muscles.

MUSCLE MILK® products complement sound nutrition and hydration practices that, in conjunction with a smart exercise-training program, may contribute to recovery from exercise, gains in lean muscle mass, and weight management. Use as part of a well-balanced diet that includes whole foods and other protein sources.



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