GENUINE

WORK OUT. RECOVER. MOVE FORWARD. MOVE FAST.

HIGH QUALITY PROTEIN:

Build lean muscles

Recover after exercise

20 VITAMINS

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



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 **COMPLETE PROTEIN**

WHAT ARE YOU GETTING AND WHY IS IT IMPORTANT? CHECK THIS OUT...

L-Isoleucine	1,620mg	
L-Valine	1,985mg	
L-Leucine	3,015mg	
L-Histidine	870mg	
L-Lysine	2.450mg	

1,550mg L-Phenylalanine 1,220mg _-Threonine 430mg

*Approximate values

THE POWER OF PROTEIN

- Protein you eat breaks down into amino acids in the body, which support muscle growth, repair and maintenance.
- Consuming both fast and slow release proteins, like those found in MUSCLE MILK® Protein Powder. keeps your body in positive protein balance.
- Protein after exercise aids in recovery and helps build lean muscle.

PROTEIN COMPARISONS

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



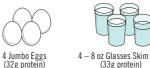


◆ Branched chain amino acids leucine

isoleucine and valine help support

muscle maintenance and growth.

Leucine triggers muscle protein growth and helps prevent muscle protein







	L-Alanine	970mg
┇	L-Arginine	980mg
⋛│	L-Aspartic Acid	2,190mg
z	L-Cysteine	405mg
-ESSE	L-Glutamic Acid	6,475mg
Ш	L-Glycine	570mg
ځ	L-Proline	3,230mg
ż	L-Serine	1,670mg

3.7 oz Cooked Chicken Breast

(32g protein)

1,575mg

CHOCOLATE NATURALLY & ARTIFICIALLY FLAVORED

EVERYDAY PERFORMANCE

CALORIE

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

PROTEIN POWDER

GENUINE

GLUTEN FREE

NET WT 4.94 LBS (2240G)

Nutrition Facts

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

outorioo	100		010	
Calories from Fat	50		110	
		%DV*		%DV*
Total Fat	6g	9%	12g	18%
Saturated Fat	2g	10%	4g	20%
<i>Trans</i> Fat	0g		0g	
Polyunsaturated Fat	0.5g		1g	
Monounsaturated Fa	t 2.5g		5g	
Cholesterol	10mg	3%	20mg	7%
Sodium	80mg	3%	160mg	7%
Potassium	300mg	9%	610mg	17%
Total Carbohydrate	9g	3%	19g	6%
Dietary Fiber	2g	8%	5g	20%
Sugars	2g		5g	
Protein	16a	32%	32a	64%

Per 1 Scoop (35g) Per 2 Scoops (70g)

/itamin A	15%	35%		
/itamin C	15%	35%		
Calcium	25%	50%		
ron	15%	35%		
/itamin D	15%	35%		
/itamin E	15%	35%		
Thiamin	15%	35%		
Riboflavin	15%	35%		
Viacin	15%	35%		
/itamin B6	15%	35%		
olate	15%	35%		
/itamin B12	15%	35%		
Biotin	15%	35%		
Pantothenic Acid	15%	35%		
Phosphorus	20%	40%		
odine	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 nigher or lower depending on you calone 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	
Drotoin		50a	6Ea	

Calories per gram:

SAFE FOR

SUBSTANCES **F**

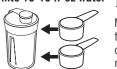
Fat 9 • Carbohydrate 4 • Protein 4

GENUINE

INGREDIENTS: CALCIUM SODIUM CASEINATE (MILK). MILK PROTEIN ISOLATE. NON DAIRY CREAMER (SUNFLOWER OIL. MALTODEXTRIN. SODIUM CASEINATE (A MILK DERIVATIVE). MONO- AND DIGLYCERIDES. TOCOPHEROLS). MALTODEXTRIN. ALKALIZED COCOA POWDER. SOLUBLE CORN FIBEF FI AVORS. CALCIUM PHOSPHATE. LESS THAN 1% OF: POTASSIUM CHLORIDE, WHEY PROTEIN ISOLATE NIACINAMIDE. ZINC OXIDE. COPPER GLUCONATE. D-CALCIUM PANTOTHENATE. LACTOFERRIN (MILK) CHOLECALCIFEROL. PYRIDOXINE HYDROCHLORIDE. THIAMINE MONONITRATE. RIBOFLAVIN. CHROMIUN CHLORIDE, FOLIC ACID, BIOTIN, POTASSIUM IODIDE, CYANOCOBALAMIN

PRODUCED FOR CYTOSPORT, INC. WALNUT CREEK, CA 94597 ©CYTOSPORT INC. CONSUMER INFORMATION CALL 1-888-298-6629 OR VISIT MUSCLEMILK.COM

Mix 2 scoops (70g)



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.





55238 S1099038-09

SERVING SUGGESTION