

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

PROTEIN  
COMPARISONS

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



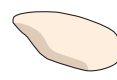
Two Scoops  
MUSCLE MILK®  
Protein Powder  
(32g protein)



4 Jumbo Eggs  
(32g protein)



4 - 8 oz Glasses Skim Milk  
(33g protein)



3.7 oz Cooked  
Chicken Breast  
(32g protein)

TYPICAL AMINO ACID  
PROFILE FROM  
COMPLETE PROTEIN

as found in a 70g serving of MUSCLE MILK® Protein Powder\*

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

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

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.

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



CHOCOLATE  
NATURALLY & ARTIFICIALLY FLAVORED

SERVING SUGGESTION

NET WT 39.5 OZ (2.47 LBS/1120G)



SAFE FOR  
SPORT  
\*FREE OF  
BANNED  
SUBSTANCES

Certified for Sport  
www.nsf.org

Nutrition Facts

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

Amount Per Serving	Per 1 Scoop (35g)	Per 2 Scoops (70g)	%DV*	%DV*
<b>Calories</b>	150	310		
Calories from Fat	50	110		
<b>Total Fat</b>	6g	12g	9%	18%
Saturated Fat	2g	4g	10%	20%
Trans Fat	0g	0g		
Polyunsaturated Fat	0.5g	1g		
Monounsaturated Fat	2.5g	5g		
<b>Cholesterol</b>	10mg	20mg	3%	7%
<b>Sodium</b>	80mg	160mg	3%	7%
<b>Potassium</b>	300mg	610mg	9%	17%
<b>Total Carbohydrate</b>	9g	19g	3%	6%
Dietary Fiber	2g	5g	8%	20%
Sugars	2g	5g		
<b>Protein</b>	16g	32g	32%	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%		

Amount Per Serving	Per 1 Scoop (35g)	Per 2 Scoops (70g)	%DV*	%DV*
Calories	2,000	2,500		
Total Fat	65g	80g		
Saturated Fat	20g	25g		
Cholesterol	300mg	300mg		
Sodium	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.

Amount Per Serving	Per 1 Scoop (35g)	Per 2 Scoops (70g)
Calories per gram:		
Fat	9	18
Carbohydrate	4	8
Protein	4	8

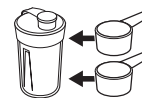
INGREDIENTS: CALCIUM SODIUM CASEINATE (MILK), MILK PROTEIN ISOLATE, NON DAIRY CREAMER (SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, TOCOPHEROLS), MALTODEXTRIN, ALKALIZED COCOA POWDER, SOLUBLE CORN FIBER, CANOLA OIL, CRYSTALLINE FRUCTOSE, MEDIUM CHAIN TRIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, CALCIUM PHOSPHATE, LESS THAN 1% OF: POTASSIUM CHLORIDE, WHEY PROTEIN ISOLATE (MILK), INULIN, MAGNESIUM OXIDE, POTASSIUM BICARBONATE, ACESULFAME POTASSIUM, DL-ALPHA TOCOPHERYL ACETATE, ASCORBIC ACID, SUCRALOSE, 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.

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

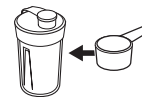
DIRECTIONS  
& USE

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



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.

Mix 1 scoop (35g)  
into 5-8 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.

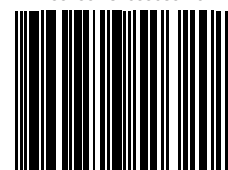
MUSCLE MILK® products complement sound nutrition and hydration practices that, in conjunction with a smart exercise-training program, may contribute to recovery from exercise, gains in lean muscle mass, and weight management. Use as part of a well-balanced diet that includes whole foods and other protein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

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



PLEASE  
RECYCLE

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