



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.

Muscle Milk® Recovery Grant
Help a High School Athletic Department
in need – Visit
[facebook.com/muscle milk](https://www.facebook.com/muscle milk)
to find out more.

PRODUCED FOR
CYTOSPORT, INC.,
BENICIA, CA 94510 ©2014
CONSUMER INFORMATION
CALL 1-888-298-6629
MUSCLEMILK.COM

20g
PROTEIN

MADE IN USA

MUSCLE MILK®

NATURALLY AND ARTIFICIALLY FLAVORED



Nutrition Facts		
Serving Size 11 fl. oz. (330 ml)		
Servings Per Container 1		
Amount Per Serving		
Calories 180	Calories from Fat 60	
% Daily Value*		
Total Fat 7g	11%	
Saturated Fat 1.5g	8%	
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 4.5g		
Cholesterol 10mg	3%	
Sodium 300mg	13%	
Potassium 800mg	23%	
Total Carbohydrate 9g	3%	
Dietary Fiber 1g	4%	
Sugars 3g		
Protein 20g	40%	
Vitamin A 20%	Vitamin C 20%	
Calcium 20%	Iron 25%	
Vitamin D 20%	Vitamin E 20%	
Thiamin 20%	Riboflavin 20%	
Niacin 20%	Vitamin B6 20%	
Folate 20%	Vitamin B12 20%	
Biotin 20%	Pantothenic Acid 20%	
Phosphorus 35%	Iodine 20%	
Magnesium 25%	Zinc 20%	
Copper 20%	Chromium 50%	
*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, DIPOTASSIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVORS, GELLULOSE GUM AND GEL, WHEY PROTEIN CONCENTRATE, MAGNESIUM PHOSPHATE, SOY LECITHIN, POTASSIUM CHLORIDE, SODIUM HEXAMETA PHOSPHATE, CARRAGEENAN, ACESULFAME POTASSIUM, TRICALCIUM PHOSPHATE, MEDIUM CHAIN TRIGLYCERIDES, POTASSIUM CITRATE, ASCORBIC ACID, SALT, FERRIC PYROPHOSPHATE, SODIUM PHOSPHATE, DICALCIUM PHOSPHATE, SUCRALOSE, DL-ALPHA TOCOPHERYL ACETATE, D-CALCIUM PANTOTHENATE, NIACINAMIDE, 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.

GLUTEN FREE