



**WORK OUT. REFUEL.  
REBUILD. ADVANCE**

**32G**  
PROTEIN  
PER SERVING

**HIGH QUALITY  
PROTEIN:**

- Build lean muscles†
- Recover after exercise†

**110G**  
CARBS  
PER SERVING

**MUSCLE REFUELING  
CARBOHYDRATES:**

- Replenish energy stores†

**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 162g serving of MUSCLE MILK® GAINER\*

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

ESSENTIAL	
L-Isoleucine	1,640mg
L-Valine	1,955mg
L-Leucine	3,055mg
L-Histidine	835mg
L-Lysine	2,465mg
L-Methionine	760mg
L-Phenylalanine	1,505mg
L-Threonine	1,200mg
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	1,000mg
L-Arginine	950mg
L-Aspartic Acid	2,275mg
L-Cysteine	530mg
L-Glutamic Acid	6,455mg
L-Glycine	570mg
L-Proline	3,185mg
L-Serine	1,665mg
L-Tyrosine	1,525mg

## GROW STRONG

MUSCLE MILK® Gainer is a specialized product designed for hard gainers: those of us that more easily lose than gain size and strength. Size and strength are lost when fewer calories are consumed than expended.

- In order to facilitate muscle growth after exercise, you need to increase your overall calorie intake, and take in high quality proteins and key nutrients at specific times.†
- Consuming both fast and slow release proteins, like those found in MUSCLE MILK® GAINER, helps keep your body in positive protein balance.†
- Carbohydrates play a key role in replenishing muscle fuel stores and contributing calories to support gains in muscle strength and size, in conjunction with your training program.†



**VANILLA CRÈME**  
NATURALLY & ARTIFICIALLY FLAVORED

SERVING SUGGESTION

**MUSCLE MILK**  
BRAND

# GAINER

**32G**  
PROTEIN  
PER SERVING

**HIGH PROTEIN GAINER  
POWDER SUPPLEMENT**

**EVERYDAY GAINS**

**650**  
CALORIES  
PER SERVING

**110G**  
CARBS  
PER SERVING

**GLUTEN  
FREE**

**NET WT 5 LBS (2268G)**



**SAFE FOR  
SPORT**  
\*FREE OF  
BANNED  
SUBSTANCES

Certified for Sport®  
www.nsf.com

## Supplement Facts

Serving Size 4 scoops (162g)  
Servings Per Container 14

	Amount Per Serving	% DV
Calories	650	
Calories from Fat	80	
Total Fat	9g	14%*
Saturated Fat	3g	15%*
Cholesterol	25mg	8%*
Total Carbohydrate	110g	37%*
Dietary Fiber	5g	20%*
Sugars	5g	**
Protein	32g	64%*
Vitamin A (as Vitamin A Palmitate)	1750 IU	35%
Vitamin C (as Ascorbic Acid)	21mg	35%
Vitamin D (as Cholecalciferol)	140 IU	35%
Vitamin E (as DL-alpha Tocopheryl Acetate)	10.5 IU	35%
Thiamin (as Thiamine Mononitrate)	0.53 mg	35%
Riboflavin	0.6 mg	35%
Niacin (as Niacinamide)	7 mg	35%
Vitamin B6 (as Pyridoxine Hydrochloride)	0.7 mg	35%
Folate (as Folic Acid)	140 mcg	35%
Vitamin B12 (as Cyanocobalamin)	2.1 mcg	35%
Biotin	105 mcg	35%
Pantothenic Acid (as D-Calcium Pantothenate)	3.5 mg	35%
Calcium	500 mg	50%
Iron (as Ferrous Fumarate)	6.3 mg	35%
Phosphorus	400 mg	40%
Iodine (as Potassium Iodide)	90 mcg	60%
Magnesium (as Magnesium Oxide)	140 mg	35%
Zinc (as Zinc Oxide)	5.3 mg	35%
Copper (as Copper Gluconate)	0.7 mg	35%
Chromium (as Chromium Chloride)	96 mcg	80%
Sodium	200 mg	8%
Potassium	390 mg	11%

\*Percent Daily Value (DV) based on a 2,000 calorie diet.  
\*\*Percent Daily Value (DV) not established.

**OTHER INGREDIENTS:** MALTODEXTRIN, MILK PROTEIN ISOLATE, CALCIUM SODIUM CASEINATE (MILK), NON DAIRY CREAMER (SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, TOCOPHEROLS), SOLUBLE CORN FIBER, MEDIUM CHAIN TRIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, CANOLA OIL, WHEY PROTEIN ISOLATE (MILK), POTASSIUM CHLORIDE, INULIN, MICELLAR CASEIN (MILK), WHEY PROTEIN CONCENTRATE (MILK), POTASSIUM BICARBONATE, ACESULFAME POTASSIUM, SUCRALOSE, WHEY PROTEIN HYDROLYSATE (MILK), CALCIUM PHOSPHATE, SOY LECITHIN, LACTOFERRIN (MILK).

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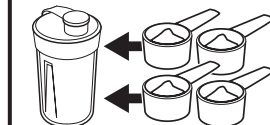
**CONSUMER INFORMATION CALL 1-888-298-6629 OR VISIT MUSCLEMILK.COM**

**GLUTEN FREE**

†THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

## DIRECTIONS & USE

**Mix 4 scoops (162g)  
into 16 fl-oz water**



Mix 4 scoops (162g) into 16 ounces of water. This easy-to-mix powder can also be added to supplement shakes, smoothies and recipes.

MUSCLE MILK® GAINER can be used either before workouts, after workouts or prior to bedtime. The optimal timing for a serving of MUSCLE MILK® GAINER is after a workout. This timing is crucial because this is when the body is optimally primed for replenishing fuel stores and building and repairing muscles.†

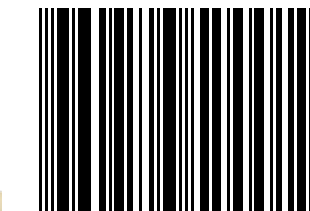
MUSCLE MILK® products complement sound nutrition and hydration practices that, in conjunction with a smart exercise-training program, may contribute to recovery from exercise, gains in lean muscle mass, and weight management. Use as part of a well-balanced diet that includes whole foods and other protein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

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



**PLEASE  
RECYCLE**

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