

GENUINE



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...

TYPICAL AMINO ACID PROFILE FROM COMPLETE PROTEIN

Table with 2 columns: Amino Acid and Amount. Includes L-Isoleucine, L-Valine, L-Leucine, L-Histidine, L-Lysine, L-Methionine, L-Phenylalanine, L-Threonine, L-Tryptophan.

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.

Table with 2 columns: Amino Acid and Amount. Includes L-Alanine, L-Arginine, L-Aspartic Acid, L-Cysteine, L-Glutamic Acid, L-Glycine, L-Proline, L-Serine, L-Tyrosine.

PROTEIN COMPARISONS

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

Visual comparison of protein sources: 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).



CHOCOLATE NATURALLY & ARTIFICIALLY FLAVORED

SERVING SUGGESTION

GENUINE

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



SAFE FOR SPORT *FREE OF BANNED SUBSTANCES

NET WT 4.94 LBS (2240G)

Nutrition Facts

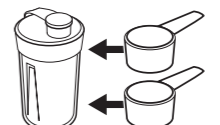
Nutrition Facts table with columns for Amount Per Serving, Per 1 Scoop (35g), and Per 2 Scoops (70g). Includes vitamins A, C, D, E, B1, B2, B6, B12, and minerals like calcium, iron, potassium, sodium, magnesium, zinc, copper, chromium.

INGREDIENTS: CALCIUM SODIUM CASEINATE (MILK), MILK PROTEIN ISOLATE, NON DAIRY CREAMER (SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, TOCOPHEROLS)...

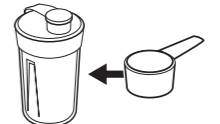
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DIRECTIONS & USE

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.

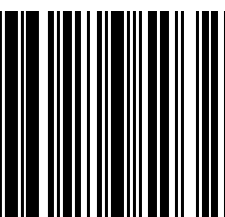
Recommended Usage for Individuals That Want Fewer Calories: To provide 16g of protein, mix 1 scoop (35g) MUSCLE MILK Protein Powder into 5-8 fl. oz. water.

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...

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.



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