

Since we founded **CytoSport™** in 1998, we've been dedicated to working with sports scientists, coaches and trainers to redefine protein enhanced products for active lifestyles and serious athletes – supporting performance when it matters.

Over the years, we've expanded to create a comprehensive line that encompasses the athletic experience from preparation, to hydration, to recovery. Our products are among the very few that are manufactured in a **NSF International GMP for Sport™ Registered** facility. Our facilities are also inspected and regulated by the **FDA**. We carefully manufacture our powder products and ready-to-drink pre-blends onsite at our corporate campus in Benicia, California.

Making efficacious products for athletes and active lifestyle individuals requires responsibility on all fronts. As our business has grown, so has our footprint. We have made environmental sustainability a focus and driver in everyday decision making. For more, please visit our website.

Through it all, **CytoSport** has been committed to one thing, building athletes from the inside out.


Greg and Mike Pickett, Father/Son

TYPICAL AMINO ACID PROFILE per 2 scoops 70g (32g Protein)

ESSENTIAL

BCAA L-Isoleucine 1,630mg	BCAA L-Leucine 3,010mg	BCAA L-Valine 1,990mg
L-Tryptophan 455mg	L-Lysine 2,495mg	L-Threonine 1,350mg
L-Phenylalanine 1,520mg	L-Methionine 820mg	

AMINO ACIDS

L-Alanine 1,005mg	L-Arginine 980mg	L-Glycine 565mg	L-Aspartic Acid 2,250mg
L-Glutamine & Precursors 6,445mg	L-Cysteine 310mg	L-Histidine 880mg	
L-Tyrosine 1,540mg	L-Proline 3,110mg	L-Serine 1,645mg	

● OXYGEN ● NITROGEN ● HYDROGEN
● CARBON ● SULFUR

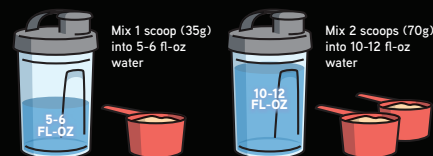
When **MUSCLE MILK®** was first introduced, we attempted to emulate human mother's milk, one of nature's most anabolic, complete and balanced foods. In doing that, **MUSCLE MILK** created a new category of protein products, while setting a new standard for both taste and performance. As a result, **MUSCLE MILK** has become America's favorite protein drink.

PRECISION PROTEIN BLEND MUSCLE MILK contains a precise blend of proteins designed to create the optimal environment for exercise recovery and muscle growth. This precision protein blend contains rapid-releasing whey and slower digesting micellar caseins from milk protein isolate/concentrate plus calcium and sodium caseinates. This creates a constant supply of amino acids, the building blocks of muscle tissue.

CHOOSE THE RIGHT KIND OF FAT! The **LEAN LIPIDS™** used in **MUSCLE MILK** are more likely burned for muscle energy and heat than stored as fat. Medium-chain triglycerides (MCT), the pre-digested, *fast-burning* fats help provide the caloric energy needed to fuel exercise and recovery. Polyunsaturated and monounsaturated fatty acids from canola and sunflower oil provide essential omega-3, 6, and 9 fatty acids.

CHOOSE CARBOHYDRATES WISELY Low-sugar, high-fiber complex carbs are an important part of a healthy, active lifestyle. The starch-based complex carbs found in **MUSCLE MILK** supply energy to the body in the form of glucose. Glucose is the only energy source for red blood cells and a preferred energy source for anaerobically exercising muscles.

DIRECTIONS and USE



MUSCLE MILK can be used before workouts, after workouts, or prior to bedtime. Individual nutritional requirements vary depending on gender, body weight, level of activity and exercise/training intensity. CytoSport products complement a healthful eating and hydration plan that, when combined with a balanced exercise program, may contribute to healthy weight management and recovery from exercise.

Use 1-3 servings (35g per serving) per day as part of a well-balanced diet that includes whole foods and other protein sources. **Do not use this product as your sole source of nutrition.**

BUILDING ATHLETES FROM THE INSIDE OUT™



GENUINE
MUSCLE MILK®

NATURE'S ULTIMATE LEAN MUSCLE PROTEIN

TASTE SATISFACTION GUARANTEED

CHOCOLATE CHIP COOKIE DOUGH
Naturally and Artificially Flavored

NET WT 39.5 OZ (2.47 LBS/1120g)

32g LEAN PROTEIN PER 2 SCOOPS

LACTOSE FREE

20 VITAMINS & MINERALS

*** MANUFACTURED FREE OF BANNED SUBSTANCES IN A NSF GMP FOR SPORT™ REGISTERED FACILITY**

PRE | DURING | POST

DYNAMIC, NEW, AND INFORMATIVE LABEL. SAME GENUINE MUSCLE MILK.

Nutrition Facts

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

Amount Per Serving	Per 1 Scoop (35g)	Per 2 Scoops (70g)
Calories	150	310
Calories from Fat	50	110

		%DV*	%DV*
Total Fat	6g	9%	12g 18%
Saturated Fat	3g	15%	6g 30%
Trans Fat	0g		0g
Cholesterol	15mg	5%	25mg 8%
Sodium	210mg	9%	410mg 17%
Potassium	130mg	4%	260mg 7%
Total Carbohydrate	9g	3%	18g 6%
Dietary Fiber	2g	8%	5g 20%
Sugars	2g		4g
Protein	16g	32%	32g 64%

Vitamin A	15%	35%
Vitamin C	15%	35%
Calcium	25%	50%
Iron	15%	35%
Vitamin D	15%	35%
Vitamin E	20%	40%
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	20%	40%
Phosphorus	20%	40%
Iodine	20%	40%
Magnesium	15%	35%
Zinc	20%	40%
Copper	15%	35%
Chromium	40%	80%

*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

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

NUTRITION HIGHLIGHTS

PROTEIN	CARBS	FIBER	CALORIES
32g per 2 scoops	18g per 2 scoops	5g per 2 scoops	310 per 2 scoops
16g per 1 scoop	9g per 1 scoop	2g per 1 scoop	150 per 1 scoop

INGREDIENTS PROTEIN BLEND (CALCIUM AND SODIUM CASEINATE, MILK PROTEIN ISOLATE AND/OR CONCENTRATE, WHEY PROTEIN ISOLATE AND/OR CONCENTRATE, WHEY PEPTIDES, LACTOFERRIN, L-GLUTAMINE, TAURINE), LEAN LIPIDS BLEND (SUNFLOWER OIL, MEDIUM CHAIN TRIGLYCERIDES, CANOLA OIL, L-CARNITINE), MALTODEXTRIN, SOLUBLE CORN FIBER, CRYSTALLINE FRUCTOSE, VITAMIN MINERAL BLEND, NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM BICARBONATE AND/OR POTASSIUM CHLORIDE, SALT, FRUCTOOLIGOSACCHARIDES, CHOCOLATE COOKIE PIECES, ACESULFAME POTASSIUM, SUCRALOSE, SOY LECITHIN.

VITAMIN AND MINERAL BLEND TRICALCIUM PHOSPHATE, MAGNESIUM OXIDE, DL-ALPHA TOCOPHERYL ACETATE, ASCORBIC ACID, FERROUS FUMARATE, NIACINAMIDE, VITAMIN A ACETATE, ZINC OXIDE, COPPER GLUCONATE, D-CALCIUM PANTOTHENATE, CHOLECALCIFEROL, PYRIDOXINE HYDROCHLORIDE, CHROMIUM POLYNICOTINATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, D-BIOTIN, POTASSIUM IODIDE, CYANOCOBALAMIN.

CONTAINS INGREDIENTS DERIVED FROM MILK AND SOY.

THIS PRODUCT IS MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, WHEAT AND EGGS.

* Our products are manufactured in compliance with NSF International's GMP for Sport Registration, including semi-annual audits, verifying that no NSF 306-Certification Guideline Annex A List banned substances exist in our facility.



For Information on CytoSport Quality Products
Call 1-888-298-6629 or email
productquestions@cytosport.com

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