

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

Over the years, we've expanded to create a comprehensive product line that encompasses the athletic experience from preparation, to hydration, to recovery. Our plant is a **NSF International GMP for Sport™** Registered facility, inspected and regulated by the FDA. We carefully manufacture our powder products 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 information, please visit our website.

Through it all, **CytoSport** has been committed to one thing, *Building Athletes from the Inside Out™*

The CytoSport Team

ESSENTIAL	L-Isoleucine 2,575mg BCAA	L-Leucine 4,780mg BCAA	L-Valine 3,055mg BCAA
	L-Tryptophan 680mg	L-Lysine 3,885mg	L-Threonine 1,960mg
	L-Phenylalanine 2,325mg	L-Histidine 1,300mg	L-Methionine 1,190mg
NON-ESSENTIAL	AMINO ACIDS TYPICAL PROFILE PER 2 SCOOPS (50g PROTEIN)		
	L-Alanine 1,590mg	L-Arginine 1,475mg	L-Glycine 890mg
	L-Aspartic Acid 3,615mg	L-Glutamine & Precursors 10,080mg	L-Cysteine 790mg
	L-Tyrosine 2,345mg	L-Proline 4,880mg	L-Serine 2,585mg

● = OXYGEN ● = NITROGEN ● = HYDROGEN
● = CARBON ● = SULFUR

THIS ISN'T FOR EVERYBODY. IT'S FOR YOU.

WE KNOW YOU WANT TO PUSH YOUR LIMITS. MUSCLE MILK® PRO SERIES 50 GIVES YOU FIFTY GRAMS OF PROTEIN TO HELP FUEL YOUR RECOVERY AND BUILD MUSCLE.

MUSCLE MILK. WORKOUT RECOVERY FUEL. GIVE ME STRENGTH.

HIGH QUALITY PROTEIN

Muscle Milk Pro Series 50 gives you the protein you need to aid recovery and help build muscle after your most grueling workouts.

LEAN LIPIDS™

Lean Lipids are made up of a blend of canola and sunflower oils, plus medium chain triglycerides, which are more rapidly burned for energy and less likely to be stored as body fat than typical fats!

18g CARBS††

Muscle Milk Pro Series 50 gives you 18g of carbohydrates, including complex carbohydrates and fiber to help meet your daily needs.

Muscle Milk Pro Series 50 supplies essential nutrients to help fuel recovery for those who are serious about pushing themselves harder each workout.

*See nutrition facts panel for total fat and saturated fat content.
††Based 3/4 cup (2 scoops) (the recommended usage for individuals looking to build size and gain muscle mass).

*Our products are tested for athletic banned substances in compliance with the NSF International Certified for Sport™ program, which includes semi-annual facility audits, verifying that no NSF 306-Certified Guideline Annex A List banned substances exist in our facility.

BUILDING ATHLETES FROM THE INSIDE OUT™

MUSCLE MILK®

PRO SERIES

50

LEAN MUSCLE MEGA PROTEIN POWDER

TASTE SATISFACTION GUARANTEED

INTENSE VANILLA
NATURALLY AND ARTIFICIALLY FLAVORED

NET WT 40.7 OZ
(2.54 LBS/1154g)

50g
LEAN PROTEIN
PER 2 SCOOPS

20
VITAMINS &
MINERALS

***FREE OF BANNED SUBSTANCES**



Certified for Sport™
www.nsf.org

PRE | DURING | POST

Nutrition Facts

Serving Size 6 tbsp (41.2g) (1 scoop)
Servings Per Container 28

Amount Per	Per 1 Scoop (41.2g)	Per 2 Scoops (82.4g)	
Calories	160	320	
Calories from Fat	25	45	
	%DV*	%DV*	
Total Fat	2.5 g	5 g	8%
Saturated Fat	1 g	2 g	10%
Trans Fat	0 g	0 g	
Polyunsaturated Fat	0 g	0.5 g	
Monounsaturated Fat	1.5 g	2.5 g	
Cholesterol	25 mg	50 mg	17%
Sodium	105 mg	210 mg	9%
Potassium	260 mg	520 mg	15%
Total Carbohydrate	9 g	18 g	6%
Sugars	1 g	3 g	
Protein	25 g	50 g	100%
Vitamin A	15%	35%	
Vitamin C	15%	35%	
Calcium	35%	70%	
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	25%	50%	
Iodine	15%	35%	
Magnesium	15%	35%	
Zinc	15%	35%	
Copper	15%	35%	
Chromium	40%	80%	
Not a Significant Source of Dietary Fiber.			
*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:			
	Calories 2,000	2,500	
Total Fat	65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	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			

GLUTEN FREE

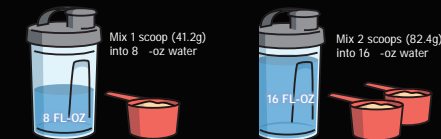
INGREDIENTS PROTEIN BLEND (MILK PROTEIN ISOLATE, CALCIUM SODIUM CASEINATE, WHEY PROTEIN CONCENTRATE, WHEY PROTEIN ISOLATE, WHEY PROTEIN HYDROLYSATE, LACTOFERRIN, L-GLUTAMINE, TAURINE), MALTODEXTRIN, SUNFLOWER OIL, NATURAL AND ARTIFICIAL FLAVORS, LESS THAN 1% OF: MEDIUM CHAIN TRIGLYCERIDES, POTASSIUM CHLORIDE, CANOLA OIL, INULIN, MAGNESIUM OXIDE, ACESULFAME POTASSIUM, SOLUBLE CORN FIBER, POTASSIUM BICARBONATE, GUM BLEND (CELLULOSE GUM, XANTHAN GUM, CARRAGEENAN), SOY LECITHIN, SUCRALOSE, DL-ALPHA TOCOPHERYL ACETATE, ASCORBIC ACID, DICALCIUM PHOSPHATE, FERROUS FUMARATE, VITAMIN A PALMITATE, NIACINAMIDE, ZINC OXIDE, COPPER GLUCONATE, D-CALCIUM PANTOTHENATE, L-CARNITINE, CHOLECALCIFEROL, PYRIDOXINE HYDROCHLORIDE, THIAMINE MONONITRATE, RIBOFLAVIN, CHROMIUM CHLORIDE, FOLIC ACID, 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.

NUTRITION HIGHLIGHTS

PROTEIN 25g per 1 scoop (41.2g)	CARBS 9g per 1 scoop (41.2g)	FAT 2.5g per 1 scoop (41.2g)	CALORIES 160 per 1 scoop (41.2g)
50g per 2 scoops (82.4g)	18g per 2 scoops (82.4g)	5g per 2 scoops (82.4g)	320 per 2 scoops (82.4g)

DIRECTIONS and USE



RECOMMENDED USAGE FOR INDIVIDUALS LOOKING TO BUILD SIZE AND GAIN MUSCLE MASS: Mix 3/4 cup (82.4g, 2 scoops) (2 servings) into 16 oz. / day.

RECOMMENDED USAGE FOR INDIVIDUALS THAT WANT FEWER CALORIES: Mix 6 tablespoons (41.2g, 1 scoop) (1 serving) into 8 oz. / day.

MUSCLE MILK PRO SERIES 50 can be used either before workouts, after workouts or prior to bed time. Individual nutritional requirements vary depending on gender, body weight, level of activity and exercise/training intensity. CytoSport products complement a smart eating and hydration plan, that when combined with a balanced exercise or resistance training program, may contribute to weight management and recovery from exercise. Use 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.**



FOR INFORMATION ON CYTOSPORT PRODUCTS CALL 1-888-298-6629 OR EMAIL CYTOQUESTIONS@CYTOSPORT.COM
WWW.CYTOSPORT.COM
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