

PRO SERIES SLEEPING GIANT

MUSCLE MILK

OWN YOUR STRENGTH

THE POWER OF SLEEPING GIANT

- 30g high-quality micellar casein protein per serving to support overnight protein synthesis**
- 4mg melatonin per serving to help promote sleep^{Δ++}
- 1100mg tryptophan per serving, an essential amino acid important for melatonin production**
- 220mg tart cherry powder per serving
- Excellent source of Vitamin D and Calcium for strong bones**

DIRECTIONS & USE

Mix 2 scoops MUSCLE MILK® PRO SERIES SLEEPING GIANT into 12-16 fluid ounces of hot or cold water. Do not use shaker bottle with hot water. Best if taken before bed time to help promote sleep^Δ & support overnight muscle recovery.**

^ΔFor occasional sleeplessness.



TESTED FOR BANNED SUBSTANCES[†]

[†]NSF screens for more than 270 substances banned by most major athletic organizations. The main components of NSF's certification program are label claim authentication, a toxicology review to certify the formulation, and a contaminant verification to ensure the product is free of banned substances. nsfsport.com

MUSCLE MILK PROTEIN POWDER SUPPLEMENTS OFFER QUALITY YOU CAN TRUST.



MUSCLE MAINTENANCE & RECOVERY**



NIGHTTIME USE



HELPS BUILD MUSCLE**

THE SCIENCE BEHIND PROTEIN

MUSCLE MILK® PRO SERIES SLEEPING GIANT contains high-quality casein protein to help increase amino acid levels.**

Essential amino acids, including leucine, play a role in muscle growth. Protein also helps support muscle rebuilding and maintenance of muscle mass.**

** 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.

PROTEIN COMPARISONS

Protein data from USDA FoodData Central, 2019 (fdc.nal.usda.gov)



30g PROTEIN
One Serving MUSCLE MILK PRO SERIES® SLEEPING GIANT



31g PROTEIN
5 Large Eggs



29g PROTEIN
3 1/2 Cups of Fat Free Milk



30g PROTEIN
3.5 oz Grilled Chicken Breast, without skin

WARNING: Do not take more than one serving per day. Do not consume any alcohol while taking melatonin. Do not drive or operate heavy machinery while taking melatonin. Do not take with other melatonin-containing products. Consult a healthcare professional for use beyond 4 weeks. Consult a healthcare professional if you are experiencing long-term sleep difficulties.

If you are pregnant, nursing or taking medication, consult your doctor before use. Not intended for individuals under 18 years of age. Keep out of reach of children.



30 GRAMS PROTEIN

1 GRAM SUGAR[‡]

4MG MELATONIN

1100MG TRYPTOPHAN

220MG TART CHERRY POWDER

PER SERVING

EXCELLENT SOURCE OF VITAMIN D AND CALCIUM

PRO SERIES SLEEPING GIANT™ PROTEIN POWDER SUPPLEMENT

HELPS SUPPORT OVERNIGHT MUSCLE RECOVERY**

VANILLA CARAMEL
NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS



NET WT 27.3 OZ (1.71 LB) 774 g



[‡]See nutrition information for sugar content
NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

PRO SERIES SLEEPING GIANT

Supplement Facts

Serving Size 2 scoops (43g)
Servings per Container 18

	Amount Per Serving	%DV
Calories	150	
Total Fat	1 g	1%*
Cholesterol	35 mg	12%*
Total Carbohydrate	5 g	2%*
Total Sugars	1 g	**
Protein	30 g	60%*
Vitamin D (as cholecalciferol)	10 mcg	50%
Calcium	780 mg	60%
Magnesium	105 mg	25%
Sodium	190 mg	8%
Potassium	190 mg	4%
Tryptophan	1100 mg	**
Tart Cherry Powder (Prunus Cerasus)	220 mg	**
Melatonin	4 mg	**

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

OTHER INGREDIENTS: MICELLAR CASEIN, GUM ARABIC, MALTODEXTRIN, L-TRYPTOPHAN, HYDROLYZED WHEY PROTEIN ISOLATE, POTASSIUM CHLORIDE, NATURAL FLAVOR, SODIUM BICARBONATE, SALT, MAGNESIUM OXIDE, ACESULFAME POTASSIUM, XANTHAN GUM, SUCRALOSE, PURIFIED STEVIA LEAF EXTRACT.

CONTAINS MILK INGREDIENTS.

PRODUCED FOR: CYTOSPORT, INC.
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MUSCLE MILK IS A REGISTERED TRADEMARK OF CYTOSPORT, INC.

WE'RE HERE TO HELP.
MUSCLEMILK.COM/GATORADE OR 1-888-298-6629.



Scan here for more food information or call 1-888-298-6629

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



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