

PROSERIES 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 consume 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.

As with any supplement, if you are pregnant, nursing or taking medication, consult your doctor before use. 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**

PROSERIES
SLEEPING GIANT
PROTEIN POWDER SUPPLEMENT

HELPS SUPPORT OVERNIGHT
MUSCLE RECOVERY**

HOT CHOCOLATE
ARTIFICIALLY FLAVORED



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.

PROSERIES SLEEPING GIANT

Supplement Facts

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

	Amount Per Serving	%DV
Calories	150	
Total Fat	1.5 g	2%*
Cholesterol	35 mg	12%*
Total Carbohydrate	5 g	2%*
Dietary Fiber	1 g	4%*
Total Sugars	1 g	**
Protein	30 g	60%*
Vitamin D (as cholecalciferol)	10 mcg	50%
Calcium	780 mg	60%
Magnesium	125 mg	30%
Sodium	220 mg	10%
Potassium	280 mg	6%
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, COCOA POWDER, L-TRYPTOPHAN, GUM ARABIC, MALTODEXTRIN, HYDROLYZED WHEY PROTEIN ISOLATE, POTASSIUM CHLORIDE, SALT, SODIUM BICARBONATE, NATURAL FLAVOR, MAGNESIUM OXIDE, ACESULFAME POTASSIUM, XANTHAN GUM, PURIFIED STEVIA LEAF EXTRACT, SUCRALOSE.

CONTAINS MILK INGREDIENTS.

PRODUCED FOR: CYTOSPORT, INC.,
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OF CYTOSPORT, INC.

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MUSCLEMILK.COM OR 1-888-298-6629.

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food information or call
1-888-298-6629

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

PLEASE



RECYCLE

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