

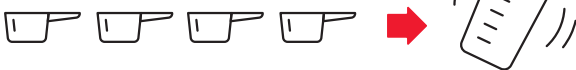
PRO SERIES GAINER

MUSCLE MILK<sup>®</sup>  
OWN YOUR **STRENGTH**

THE POWER OF GAINER

- 32g high-quality protein per serving to help rebuild muscles after exercise\*\*
- 109g carbohydrates per serving to help replenish muscle fuel stores after exercise\*\*
- 570 calories from protein and carbohydrates per serving to help support gains in muscle strength and size\*\*
- 2g Medium Chain Triglycerides (MCTs) per serving
- Excellent source of 20 vitamins and minerals

DIRECTIONS & USE



Mix 4 scoops MUSCLE MILK<sup>®</sup> PRO SERIES GAINER into 10-16 fluid ounces of water.

Add MUSCLE MILK<sup>®</sup> PRO SERIES GAINER to supplement recipes and help support muscle mass.\*\*



TESTED FOR BANNED SUBSTANCES<sup>†</sup>

<sup>†</sup>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\*\***



**HELPS BUILD  
MUSCLE\*\***



**ON-THE-GO  
USE**



**POST-WORKOUT  
RECOVERY\*\***



**HELPS SUPPORT  
GAINS AFTER  
EXERCISE\*\***



**HELPS REPLENISH  
FUEL STORES\*\***

THE SCIENCE BEHIND PROTEIN

MUSCLE MILK<sup>®</sup> PRO SERIES GAINER contains a combination of high-quality slow releasing and fast releasing proteins 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 & CARB COMPARISON

PROTEIN & CARB COMPARISON Source: USDA FoodData Central, 2019 (fdc.nal.usda.gov)



**32g PROTEIN, 109g CARBS  
& 650 CALORIES**

One Serving  
MUSCLE MILK<sup>®</sup>  
PRO SERIES GAINER



**35g PROTEIN, 112g CARBS  
& 780 CALORIES (TOTAL)**

2-1/2 Cups Cooked White  
Rice and 3 Jumbo Eggs

MUSCLE MILK<sup>®</sup>



**32** GRAMS  
PROTEIN

**109** GRAMS  
CARBS

**650** CALORIES

**2 GRAMS MCTs**

PER SERVING

EXCELLENT SOURCE  
OF **20 VITAMINS**  
AND **MINERALS**

PRO SERIES  
**GAINER**  
PROTEIN POWDER SUPPLEMENT

HELPS SUPPORT MUSCLE MASS\*\*

CHOCOLATE  
ARTIFICIALLY FLAVORED



NET WT 5 LB (2.27 kg)



PRO SERIES GAINER

Supplement Facts

Serving Size 4 scoops (162g)  
Servings per Container About 14

| Amount Per Serving                                   | %DV                                 | Amount Per Serving              | %DV         |
|--|-------------------------------------|---------------------------------|-------------|
| Calories   | 650                                 | Calcium                         | 520 mg 40%  |
| Total Fat  | 9 g 12%                             | Iron (as ferric pyrophosphate)  | 4.5 mg 25%  |
| Saturated Fat  | 4 g 20%*                            | Phosphorus                      | 440 mg 35%  |
| Polyunsaturated Fat                                  | 0.5 g **                            | Iodine (as potassium iodide)    | 30 mcg 20%  |
| Monounsaturated Fat                                  | 4 g **                              | Magnesium (as magnesium oxide)  | 145 mg 35%  |
| Cholesterol  | 20 mg 7%*                           | Zinc (as zinc oxide)            | 2.2 mg 20%  |
| Total Carbohydrate                                   | 109 g 40%*                          | Copper (as copper gluconate)    | 0.18 mg 20% |
| Dietary Fiber  | 1 g 4%*                             | Chromium (as chromium chloride) | 7 mcg 20%   |
| Total Sugars   | 5 g **                              | Sodium                          | 190 mg 8%   |
| Includes 4g Added Sugars                             | 8%*                                 | Potassium                       | 600 mg 13%  |
| Protein  | 32 g 64%*                           |                                 |             |
| Vitamin A (as vitamin A palmitate)                   | 320 mcg 35%                         |                                 |             |
| Vitamin C (as ascorbic acid)                         | 32 mg 35%                           |                                 |             |
| Vitamin D (as cholecalciferol)                       | 7 mcg 35%                           |                                 |             |
| Vitamin E (as dl-alpha-tocopheryl acetate)           | 6 mg 40%                            |                                 |             |
| Thiamin (as thiamine mononitrate)                    | 0.42 mg 35%                         |                                 |             |
| Riboflavin   | 0.91 mg 70%                         |                                 |             |
| Niacin (as niacinamide)                              | 5.6 mg 35%                          |                                 |             |
| Vitamin B <sub>6</sub> (as pyridoxine hydrochloride) | 0.77 mg 45%                         |                                 |             |
| Folate   | 140 mcg DFE (82 mcg folic acid) 35% |                                 |             |
| Vitamin B <sub>12</sub> (as cyanocobalamin)          | 0.84 mcg 35%                        |                                 |             |
| Biotin   | 12 mcg 40%                          |                                 |             |
| Pantothenic Acid (as calcium d-pantothenate)         | 1.8 mg 35%                          |                                 |             |

**OTHER INGREDIENTS:** MALTODEXTRIN, MILK PROTEIN ISOLATE, NON-DAIRY CREAMER (SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE [MILK DERIVATIVE], MONO- AND DIGLYCERIDES, TOCOPHEROLS [PROTECT FLAVOR]), CALCIUM CASEINATE, SODIUM CASEINATE, ALKALIZED COCOA POWDER, MEDIUM CHAIN TRIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, CANOLA OIL, WHEY PROTEIN ISOLATE, POTASSIUM CHLORIDE, MICELLAR CASEIN, WHEY PROTEIN CONCENTRATE, POTASSIUM BICARBONATE, ACESULFAME POTASSIUM, SUCRALOSE, HYDROLYZED WHEY PROTEIN CONCENTRATE, SOY LECITHIN.

**CONTAINS MILK AND SOY INGREDIENTS.**

PRODUCED FOR:  
CYTOSPORT, INC., P.O. BOX 049003  
CHICAGO, IL 60604  
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WE'RE HERE TO HELP. MUSCLEMILK.COM/GATORADE  
OR 1-888-298-6629.

Scan here for more food information or call



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



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