PRO SERIES GAINER

MUSCLE MILK

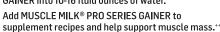
OWN YOUR STRENGTH

THE POWER OF GAINER

- 32g high-quality protein per serving to help rebuild muscles after exercise**
- 110g 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® PRO SERIES GAINER into 10-16 fluid ounces of water.





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.



POST-WORKOUT











MUSCLE"

HELPS REPLENISH

THE SCIENCE BEHIND PROTEIN

MUSCLE MILK® 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)







32q PROTEIN, 110q CARBS & 650 CALORIES

One Serving MUSCLE MILK® PRO SERIES GAINER



35q PROTEIN, 112q CARBS & 780 CALORIES (TOTAL)

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



32 GRAMS PROTEIN 110 GRAMS CARBS **650** CALORIES 2 GRAMS MCTs

PER SERVING

EXCELLENT SOURCE OF **20 VITAMINS** AND MINERALS

PROSERIES PROTEIN POWDER SUPPLEMENT

HELPS SUPPORT MUSCLE MASS*



NET WT 28.6 OZ (1.79 LB) 810 g



Biotin

Supplement Facts

Serving Size 4 scoops (162g) Servings per Container 5

	\\	\			
Amount Per Serving %DV		%DV	Amount Per Serving		%DV
alories	650		Pantothenic Acid	1.8 mg	35%
otal Fat	9 g	12%*	(as calcium d-pantothenate)		
Saturated Fat	3.5 g	18%*	Calcium	520 mg	40%
Polyunsaturated Fat	0.5 g	**	Iron (as ferric pyrophosphate)	3.6 mg	20%
Monounsaturated Fat	4.5 g	**	Phosphorus	440 mg	35%
holesterol	20 mg	7%*	lodine (as potassium iodide)	30 mcg	20%
otal Carbohydrate	110 g	40%*	Magnesium (as magnesium oxide)	145 mg	35%
Total Sugars	5 g	**	Zinc (as zinc oxide)	2.2 mg	20%
Includes 4g Added Sugars		8%*	Copper (as copper gluconate)	0.18 mg	20%
rotein	32 g	64%*	Chromium (as chromium chloride)	7 mcg	20%
itamin A (as vitamin A palmitate)	320 mcg	35%	Sodium	190 mg	8%
itamin C (as ascorbic acid)	32 mg	35%	Potassium	470 mg	10%
itamin D (as cholecalciferol)	7 mcg	35%			
itamin E	6 mg	40%	*Percent Daily Values (DV) are based on a 2,000 calorie diet.		
as dl-alpha-tocopheryl acetate)			**Daily Value (DV) not established.		
hiamin (as thiamine mononitrate)	0.42 mg	35%	OTHER INGREDIENTS: MALTODEXTRIN, MILK PI		
iboflavin	0.91 mg	70%	CREAMER (SUNFLOWER OIL, MALTODEXTRIN, SO DERIVATIVE), MONO- AND DIGLYCERIDES, TOCOP		
iacin (as niacinamide)	5.6 mg	35%	CALCIUM CASEINATE, SODIUM CASEINATE, MEDIUM CHAIN		- 2//
itamin B ₆	0.77 mg	45%	TRIGLYCERÍDES, CANOLA OIL, WHEY	326	55001
as pyridoxine hydrochloride)			PROTEIN ISOLATE, POTASSIUM CHLORIDE, NATURAL AND ARTIFICIAL		
plate 140	mcg DFE	35%	FLAVOR, MICELLAR CASEIN, WHEY		1 [[[

40%

(82 mcg folic acid)

12 mcg

Vitamin B₁₂ (as cyanocobalamin) 0.84 mcg

PROTEIN CONCENTRATE, POTASSIUM

BICARBONATE, ACESULFAME POTASSIUM

PROTEIN CONCENTRATE, SOY LECITHIN.

CONTAINS MILK AND SOY INGREDIENTS.

PRODUCED FOR: CYTOSPORT, INC. P.O. BOX 049003 CHICAGO, IL 60604

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



OIUM CASEINATE (MILK HEROLS [PROTECT FLAVOR]) 32655001703 (IN)