

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.

Add MUSCLE MILK® PRO SERIES GAINER to supplement recipes and help support muscle mass.**



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**



POST-WORKOUT RECOVERY**



HELPS BUILD MUSCLE**



HELPS SUPPORT GAINS AFTER EXERCISE**



ON-THE-GO USE



HELPS REPLENISH FUEL STORES**

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)



32g PROTEIN, 110g CARBS & 650 CALORIES

One Serving MUSCLE MILK® PRO SERIES GAINER



35g PROTEIN, 112g 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

PRO SERIES GAINER PROTEIN POWDER SUPPLEMENT

HELPS SUPPORT MUSCLE MASS**

VANILLA CRÈME ARTIFICIALLY FLAVORED

NET WT 28.6 OZ (1.79 LB) 810 g



Supplement Facts

Serving Size 4 scoops (162g)

Servings per Container 5

	Amount Per Serving	%DV		Amount Per Serving	%DV
Calories	650		Pantothenic Acid	1.8 mg	35%
Total 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%
Cholesterol	20 mg	7%*	Iodine (as potassium iodide)	30 mcg	20%
Total 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%
Protein	32 g	64%*	Chromium (as chromium chloride)	7 mcg	20%
Vitamin A (as vitamin A palmitate)	320 mcg	35%	Sodium	190 mg	8%
Vitamin C (as ascorbic acid)	32 mg	35%	Potassium	470 mg	10%
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 ₆ (as pyridoxine hydrochloride)	0.77 mg	45%			
Folate	140 mcg DFE (82 mcg folic acid)	35%			
Vitamin B ₁₂ (as cyanocobalamin)	0.84 mcg	35%			
Biotin	12 mcg	40%			

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, MEDIUM CHAIN TRIGLYCERIDES, CANOLA OIL, WHEY PROTEIN ISOLATE, POTASSIUM CHLORIDE, NATURAL AND ARTIFICIAL FLAVOR, 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 ©2023 CYTOSPORT, INC.

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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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