## PROSERIES GAINER

## **MUSCLE MILK**

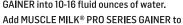
**OWN YOUR STRENGTH** 

#### 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® PRO SERIES GAINER into 10-16 fluid ounces of water.



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.















**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)



**& 650 CALORIES** 

One Serving MUSCLE MILK®

PRO SERIES GAINER







& 780 CALORIES (TOTAL) 2-1/2 Cups Cooked White

Rice and 3 Jumbo Eggs

NET WT 28.6 OZ (1.79 LB) 810 g



32 GRAMS PROTEIN 109 GRAMS CARBS **650** CALORIES

2 GRAMS MCTs

PER SERVING

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

# **PROSERIES** PROTEIN POWDER SUPPLEMENT

HELPS SUPPORT MUSCLE MASS\*\*





Folate

Biotin

(as pyridoxine hydrochloride)

Vitamin B<sub>12</sub> (as cyanocobalamin) 0.84 mcg

### **Supplement Facts**

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

<u> </u>					
Amount P	er Serving	%DV	Amount P	er Serving	%I
Calories	650		Pantothenic Acid	1.8 mg	35
Total Fat	9 g	12%*	(as calcium d-pantothenate)		
Saturated Fat	4 g	20%*	Calcium	520 mg	40
Polyunsaturated Fat	0.5 g	**	Iron (as ferric pyrophosphate)	4.5 mg	25
Monounsaturated Fat	4 g	**	Phosphorus	440 mg	35
Cholesterol	20 mg	7%*	lodine (as potassium iodide)	30 mcg	20
Total Carbohydrate	109 g	40%*	Magnesium (as magnesium oxide)	145 mg	35
Dietary Fiber	1 g	4%*	Zinc (as zinc oxide)	2.2 mg	20
Total Sugars	5 g	**	Copper (as copper gluconate)	0.18 mg	20
Includes 4g Added Sugars		8%*	Chromium (as chromium chloride)	7 mcg	20
Protein	32 g	64%*	Sodium	190 mg	8
Vitamin A (as vitamin A palmitate)	320 mcg	35%	Potassium	600 mg	13
Vitamin C (as ascorbic acid)	32 mg	35%			
Vitamin D (as cholecalciferol)	7 mcg	35%	*Percent Daily Values (DV) are based		lorie di
Vitamin E	6 mg	40%	**Daily Value (DV) not established		
(as dl-alpha-tocopheryl acetate)			OTHER INGREDIENTS: MALTODEXTRIN, MIL		
Thiamin (as thiamine mononitrate)		35%	NON-DAIRY CREAMER (SUNFLOWER OIL, M CASEINATE [MILK DERIVATIVE], MONO-ANI	DIGLYCERIDES,	
Riboflavin	0.91 mg	70%	TOCOPHERÔLS [PROTECT FLAVOR]), CALCI CASEINATE. ALKALIZED COCOA		
Niacin (as niacinamide)	5.6 mg	35%	POWDER, MEDIUM CHAIN	326	5550
Vitamin B <sub>6</sub>	0.77 mg	45%	TRIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, CANOLA OIL,		

40%

WHEY PROTEIN ISOLATE, POTASSIU

PROTE**I**N CONCENTRATE, POTASSIUI

BICARBONATE, ACESULFAME

YDROLYZED WHEY PROTEIN

CONCENTRATE, SOY LECITHIN.

OTASSIUM, SUCRALOSE,

HLORIDE, MICELLAR CASEIN, WHEY

CONTAINS MILK AND SOY INGREDIENTS.

12 mcg

140 mcg DFE

(82 mcg folic acid)

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 durir shipping and handling.



