

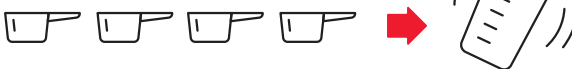
PRO SERIES GAINER

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.

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****



**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[®] 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[®]
PRO SERIES GAINER



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

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

MUSCLE MILK[®]



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**

COOKIES & CRÈME
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	590 mg 45%
Total Fat	9 g 12%	Iron (as ferric pyrophosphate)	3.6 mg 20%
Saturated Fat	4 g 20%*	Phosphorus	500 mg 40%
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%
Total Sugars	6 g **	Chromium (as chromium chloride)	7 mcg 20%
Includes 4g Added Sugars	8%*	Sodium	190 mg 8%
Protein	32 g 64%*	Potassium	470 mg 10%
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 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%		
Pantothenic Acid (as calcium d-pantothenate)	1.8 mg 35%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

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, COOKIE PIECES (MILK PROTEIN ISOLATE, INULIN, PALM OIL, SUGAR, ALKALIZED COCOA POWDER, GROUND FLAX SEED, SUNFLOWER LECITHIN, NATURAL FLAVOR), 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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OR 1-888-298-6629.

Scan here for more food information or call



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1-888-298-6629

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



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