

GENUINE

MUSCLE MILK®
OWN YOUR **STRENGTH**

THE POWER OF GENUINE

- 32g high-quality protein per serving to help rebuild muscles after exercise
- Excellent source of Calcium and Vitamins A, C, & D
- 2g fiber per serving

DIRECTIONS & USE



Mix 2 scoops MUSCLE MILK® GENUINE into 8 fluid ounces of water for a great tasting protein shake that helps satisfy hunger.

You can also add MUSCLE MILK® GENUINE to recipes to increase the protein content.



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 POWDERS OFFER QUALITY YOU CAN TRUST.



ENERGIZING



HELPS SATISFY HUNGER



HELPS BUILD MUSCLE



ON-THE-GO BREAKFAST



ANYTIME SNACK



POST-WORKOUT RECOVERY

THE SCIENCE BEHIND PROTEIN

MUSCLE MILK® GENUINE 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.

PROTEIN COMPARISONS

Protein data from USDA FoodData Central, 2019 (fdc.nal.usda.gov)



32g PROTEIN

One Serving
MUSCLE MILK® GENUINE



32g PROTEIN

4 Jumbo Eggs



33g PROTEIN

4 Cups of
Fat Free Milk



32g PROTEIN

3.7 oz Grilled
Chicken Breast,
without skin

MUSCLE MILK™



GENUINE
PROTEIN POWDER

32

GRAMS
PROTEIN
PER SERVING

2

GRAMS
SUGAR†
PER SERVING

EXCELLENT
SOURCE OF
CALCIUM
AND
VITAMINS
A,C&D



†See nutrition information
for sugar content

GENUINE

Nutrition Facts

16 servings per container
Serving size 2 scoops (70g)

Amount per serving
Calories 280

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 4g	
Cholesterol 40mg	13%
Sodium 260mg	11%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 32g	64%
Vitamin D 7mcg	35%
Calcium 590mg	45%
Iron 1.4mg	8%
Potassium 450mg	10%
Vitamin A 320mcg	35%
Vitamin C 32mg	35%
Phosphorus 440mg	35%
Magnesium 210mg	50%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WHEY PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, ISOMALTO-OLIGOSACCHARIDES (SOLUBLE VEGETABLE POWDER), CALCIUM CASEINATE, NON-DAIRY CREAMER (SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE [MILK DERIVATIVE], MONO- AND DIGLYCERIDES, TOCOPHEROLS [PROTECT FLAVOR]), SODIUM CASEINATE, ALKALIZED COCOA POWDER, MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVOR, CANOLA OIL, MEDIUM CHAIN TRIGLYCERIDES, ORGANIC OAT FIBER, CALCIUM PHOSPHATE, LESS THAN 1% OF: POTASSIUM CHLORIDE, MAGNESIUM OXIDE, SALT, ACESULFAME POTASSIUM, SUCRALOSE, ASCORBIC ACID, MILK SOLIDS, ENZYME-MODIFIED COCOA BUTTER, NONFAT DRY MILK, LACTOFERRIN, CHOLECALCIFEROL, VITAMIN A PALMITATE.

CONTAINS MILK INGREDIENTS.

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



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food information or call
1-888-298-6629

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

PLEASE



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