

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
- 1g 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

3

GRAMS  
SUGAR‡  
PER SERVING

EXCELLENT  
SOURCE OF  
**CALCIUM**  
AND  
**VITAMINS  
A,C&D**



STRAWBERRIES 'N CRÈME  
ARTIFICIALLY FLAVORED

‡See nutrition information  
for sugar content

NET WT 39.5 OZ (2.47 LB) 1.12 kg

280  
CALORIES  
PER 2 SCOOPS

GENUINE

CONTAINS 0% JUICE

Nutrition Facts

16 servings per container

Serving size 2 scoops (70g)

Amount per serving

Calories 280

% Daily Value\*

Total Fat 9g 12%

Saturated Fat 3g 15%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 4.5g

Cholesterol 45mg 15%

Sodium 140mg 6%

Total Carbohydrate 21g 8%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 1g Added Sugars 2%

Protein 32g 64%

Vitamin D 7mcg 35%

Calcium 590mg 45%

Iron 0.4mg 2%

Potassium 280mg 6%

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: MILK PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, 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, NATURAL AND ARTIFICIAL FLAVOR, MALTODEXTRIN, CANOLA OIL, MEDIUM CHAIN TRIGLYCERIDES, ORGANIC OAT FIBER, CALCIUM PHOSPHATE, LESS THAN 1% OF: POTASSIUM CHLORIDE, MAGNESIUM OXIDE, FREEZE DRIED STRAWBERRIES, BEET POWDER (COLOR), SUCRALOSE, ACESULFAME POTASSIUM, ASCORBIC ACID, LACTOFERRIN, CHOLECALCIFEROL, VITAMIN A PALMITATE.

CONTAINS MILK INGREDIENTS.

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



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.

PLEASE



RECYCLE

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