

WORK OUT.  
BE STRONG.  
MOVE FORWARD.

- 15g high-quality protein per serving to help rebuild muscles after exercise
- Excellent source of Vitamins A, C, & D
- Vitamin D and Calcium for strong bones

DIRECTIONS & USE



Mix 2 scoops MUSCLE MILK® ZERO Protein Powder into 8 fluid ounces water for a great tasting shake that helps satisfy hunger.

You can also add MUSCLE MILK® ZERO Protein Powder to pancakes, smoothies or other 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

ENERGIZING

HELPS SATISFY HUNGER

HELPS BUILD MUSCLE

ON-THE-GO NUTRITION

ANYTIME SNACK

POST-WORKOUT RECOVERY

THE SCIENCE BEHIND PROTEIN

MUSCLE MILK® ZERO 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)

**15g PROTEIN**  
One Serving  
MUSCLE MILK®  
ZERO Protein Powder

**14g PROTEIN**  
3 Small Eggs

**17g PROTEIN**  
2 Cups of  
Fat Free Milk

**15g PROTEIN**  
1.7 oz Grilled  
Chicken Breast,  
without skin

**MUSCLE MILK**  
**MM**  
**ZERO**

**ZERO SUGAR†**  
PER SERVING

**15 GRAMS PROTEIN**  
PER SERVING

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

FROM THE MAKERS OF

**CHOCOLATE**  
ARTIFICIALLY FLAVORED

**PROTEIN POWDER**

**NET WT 26.5 OZ (1.65 LB) 750 g**

**100 CALORIES**  
PER 2 SCOOPS

**NSF**  
CERTIFIED SPORT

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

†Not a low calorie food.

Nutrition Facts

25 servings per container

Serving size 2 scoops (30g)

Amount per serving  
**Calories 100**

% Daily Value\*

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** <5mg **1%**

**Sodium** 115mg **5%**

**Total Carbohydrate** 9g **3%**

Dietary Fiber 6g **20%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 15g **30%**

Vitamin D 4mcg **20%**

Calcium 250mg **15%**

Iron 1.2mg **6%**

Potassium 290mg **6%**

Vitamin A 180mcg **20%**

Vitamin C 18mg **20%**

Magnesium 85mg **20%**

\* 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:** CALCIUM CASEINATE, SOLUBLE CORN FIBER, SODIUM CASEINATE, WHEY PROTEIN ISOLATE, COCOA (PROCESSED WITH ALKALI), MALTODEXTRIN, NON-DAIRY CREAMER (SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE (MILK DERIVATIVE), MONO- AND DIGLYCERIDES, TOCOPHEROLS (PROTECT FLAVOR)), MILK PROTEIN ISOLATE, NATURAL AND ARTIFICIAL FLAVOR, CONTAINS 2% OR LESS OF ACESULFAME POTASSIUM, ASCORBIC ACID (VITAMIN C), CANOLA OIL, CARRAGEENAN, CELLULOSE GUM, MAGNESIUM PHOSPHATE, MIXED TRIGLYCERIDES, POTASSIUM CHLORIDE, PURIFIED STEVIA LEAF EXTRACT, SUCRALOSE, TRICALCIUM PHOSPHATE, VITAMIN A PALMITATE, VITAMIN D3, XANTHAN GUM.

CONTAINS MILK INGREDIENTS.

PRODUCED FOR:  
CYTOSPORT, INC., P.O. BOX 049003, CHICAGO, IL 60604  
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MUSCLE MILK IS A REGISTERED TRADEMARK OF  
CYTOSPORT, INC.

WE'RE HERE TO HELP. MUSCLEMILK.COM/GATORADE OR 1-888-298-8629

†Not a low calorie food.

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.

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