

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
- 6g fiber per serving (9g Total Fat 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 NUTRITION

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



CHOCOLATE
ARTIFICIALLY FLAVORED

†See nutrition information
for sugar content

NET WT 39.5 OZ (2.47 LB) 1.12 kg

270
CALORIES
PER 2 SCOOPS

Nutrition Facts

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

Amount per serving
Calories 270

	% Daily Value*
Total Fat 9g	11%
Saturated Fat 3g	16%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 135mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	23%
Total Sugars 2g	
Includes <1g Added Sugars	1%
Protein 32g	64%
Vitamin D 7mcg	35%
Calcium 590mg	45%
Iron 2.7mg	15%
Potassium 690mg	15%
Vitamin A 270mcg	30%
Vitamin C 23mg	25%
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.

GENUINE

INGREDIENTS: WHEY PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, MALTODEXTRIN, CALCIUM CASEINATE, NON-DAIRY CREAMER (SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE [MILK DERIVATIVE], MONO-AND DIGLYCERIDES, TOCOPHEROLS [PROTECT FLAVOR]), COCOA (PROCESSED WITH ALKALI), SODIUM CASEINATE, SOLUBLE CORN FIBER, CANOLA OIL, MIXED TRIGLYCERIDES, OAT HULL FIBER, CONTAINS 2% OR LESS OF ACESULFAME POTASSIUM, ASCORBIC ACID (VITAMIN C), CALCIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, MAGNESIUM OXIDE, POTASSIUM CHLORIDE, SUCRALOSE, VITAMIN A PALMITATE, VITAMIN D3.

CONTAINS MILK INGREDIENTS.

PRODUCED FOR:
CYTOSPORT, INC., P.O. BOX 049003, CHICAGO, IL 60604
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food information or call
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Notice: Product sold by
weight, not by volume.
Contents may settle during
shipping and handling.

