

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

DIRECTIONS & USE



**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



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.

MUSCLE MILK™



GENUINE
PROTEIN POWDER

32
GRAMS
PROTEIN
PER SERVING

3
GRAMS
SUGAR‡
PER SERVING

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



COOKIES 'N CRÈME
ARTIFICIALLY FLAVORED

‡See nutrition information
for sugar content

NET WT 39.5 OZ (2.47 LB) 1.12 kg

290
CALORIES
PER 2 SCOOPS

Nutrition Facts

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

Amount per serving
Calories 290

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
Cholesterol 40mg	13%
Sodium 130mg	6%
Total Carbohydrate 22g	8%
Dietary Fiber 6g	21%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 32g	64%
Vitamin D 7mcg	35%
Calcium 590mg	45%
Iron 0.4mg	2%
Potassium 300mg	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.

GENUINE

INGREDIENTS: WHEY PROTEIN CONCENTRATE, MILK PROTEIN ISOLATE, CALCIUM CASEINATE, MALTODEXTRIN, SOLUBLE CORN FIBER, SODIUM CASEINATE, SUNFLOWER OIL, CANOLA OIL, MEDIUM CHAIN TRIGLYCERIDES, ORGANIC OAT FIBER, NATURAL AND ARTIFICIAL FLAVOR, COOKIE PIECES (MILK PROTEIN ISOLATE, INULIN, PALM OIL, SUGAR, ALKALIZED COCOA POWDER, GROUND FLAX SEED, SUNFLOWER LECITHIN, NATURAL FLAVOR), CALCIUM PHOSPHATE, LESS THAN 1% OF: POTASSIUM CHLORIDE, MAGNESIUM OXIDE, SUCRALOSE, MONO- AND DIGLYCERIDES, TOCOPHEROLS, ACESULFAME POTASSIUM, ASCORBIC ACID, VITAMIN A PALMITATE, CHOLECALCIFEROL.

CONTAINS MILK INGREDIENTS.

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



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