

PRO SERIES

MUSCLE MILK[®]

OWN YOUR **STRENGTH**

THE POWER OF PRO SERIES

- 50g high-quality protein per serving to help rebuild muscles after exercise**
- 3g sugar per serving
- Excellent source of 20 vitamins and minerals
- Vitamin D and Calcium for strong bones**

DIRECTIONS & USE



Mix 2 scoops MUSCLE MILK PRO SERIES[®] into 10-16 fluid ounces of water.

Add MUSCLE MILK PRO SERIES[®] to supplement recipes and help support muscle rebuilding & recovery.**



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 POWDER SUPPLEMENTS OFFER QUALITY YOU CAN TRUST.



ENERGIZING



MUSCLE MAINTENANCE**



HELPS BUILD MUSCLE**



ON-THE-GO USE



IN-BETWEEN MEALS



POST-WORKOUT RECOVERY**

THE SCIENCE BEHIND PROTEIN

MUSCLE MILK PRO SERIES[®] 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.**

**THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

PROTEIN COMPARISONS

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



50g PROTEIN
One Serving MUSCLE MILK PRO SERIES[®]



50g PROTEIN
6 Cups of Fat Free Milk



47g PROTEIN
6 Jumbo Eggs



50g PROTEIN
5.8 oz Grilled Chicken Breast, without skin



50 GRAMS PROTEIN

3 GRAMS SUGAR[‡]

PER SERVING

EXCELLENT SOURCE OF **20 VITAMINS AND MINERALS**

PRO SERIES

PROTEIN POWDER SUPPLEMENT

HELPS SUPPORT MUSCLE REBUILDING & RECOVERY**

KNOCKOUT CHOCOLATE
ARTIFICIALLY FLAVORED



NET WT 40.7 OZ (2.54 LB) 1.15 kg



[‡]See nutrition information for sugar content
NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

PRO SERIES

Supplement Facts

Serving Size 2 scoops (82g)
Servings per Container About 14

	Amount Per Serving	%DV		Amount Per Serving	%DV
Calories	310		Calcium	780 mg	60%
Total Fat	5 g	6%*	Iron (as ferric pyrophosphate)	3.6 mg	20%
Saturated Fat	2.5 g	13%*	Phosphorus	630 mg	50%
Cholesterol	40 mg	13%*	Iodine (as potassium iodide)	30 mcg	20%
Total Carbohydrate	17 g	6%*	Magnesium	210 mg	50%
Dietary Fiber	1 g	4%*	Zinc (as zinc oxide)	2.2 mg	20%
Total Sugars	3 g	**	Copper (as copper gluconate)	0.18 mg	20%
Includes 1g Added Sugars		2%*	Chromium (as chromium chloride)	7 mcg	20%
Protein	50 g	100%*	Sodium	180 mg	8%
Vitamin A (as vitamin A palmitate)	320 mcg	35%	Potassium	850 mg	18%
Vitamin C (as ascorbic acid)	32 mg	35%			
Vitamin D (as cholecalciferol)	7 mcg	35%			
Vitamin E (as dl-alpha-tocopheryl acetate)	6 mg	40%			
Thiamin (as thiamine mononitrate)	0.42 mg	35%			
Riboflavin	0.91 mg	70%			
Niacin (as niacinamide)	5.6 mg	35%			
Vitamin B ₆ (as pyridoxine hydrochloride)	0.77 mg	45%			
Folate	140 mcg DFE (82 mcg folic acid)	35%			
Vitamin B ₁₂ (as cyanocobalamin)	0.84 mcg	35%			
Biotin	12 mcg	40%			
Pantothenic Acid (as calcium d-pantothenate)	1.8 mg	35%			

OTHER INGREDIENTS: MILK PROTEIN ISOLATE, CALCIUM CASEINATE, MALTODEXTRIN, SODIUM CASEINATE, ALKALIZED COCOA POWDER, WHEY PROTEIN CONCENTRATE, NON-DAIRY CREAMER (SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE [MILK DERIVATIVE], MONO- AND DIGLYCERIDES, TOCOPHEROLS [PROTECT FLAVOR]), NATURAL AND ARTIFICIAL FLAVOR, SOLUBLE CORN FIBER, POTASSIUM CHLORIDE, MEDIUM CHAIN TRIGLYCERIDES, WHEY PROTEIN ISOLATE, CANOLA OIL, MAGNESIUM OXIDE, POTASSIUM BICARBONATE, ACESULFAME POTASSIUM, LACTOFERRIN, SUCRALOSE, HYDROLYZED WHEY PROTEIN CONCENTRATE.

CONTAINS MILK INGREDIENTS.

PRODUCED FOR:
CYTOSPORT, INC., P.O. BOX
049003, CHICAGO, IL 60604
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MUSCLEMILK.COM OR
1-888-298-6629.

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.

