

GENUINE

# MUSCLE MILK<sup>®</sup>

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 (8g Total Fat per Serving)

## DIRECTIONS & USE



Mix 2 scoops MUSCLE MILK<sup>®</sup> GENUINE into 8 fluid ounces of water for a great tasting protein shake that helps satisfy hunger.

You can also add MUSCLE MILK<sup>®</sup> GENUINE to recipes to increase the protein content.



## TESTED FOR BANNED SUBSTANCES<sup>†</sup>

<sup>†</sup>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](https://www.nsf-sport.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<sup>®</sup> 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](https://fdc.nal.usda.gov))



**32g PROTEIN**  
One Serving  
MUSCLE MILK<sup>®</sup>  
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<sup>®</sup>**



**GENUINE**  
PROTEIN POWDER

**32**  
GRAMS  
PROTEIN  
PER SERVING

**2**  
GRAMS  
SUGAR<sup>‡</sup>  
PER SERVING

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



PER 2 SCOOPS

**270**  
CALORIES

**3g**  
SAT FAT  
14% DV

**135mg**  
SODIUM  
6% DV

**<1g**  
ADDED  
SUGARS  
2% DV

**VANILLA CRÈME**  
ARTIFICIALLY FLAVORED

<sup>‡</sup>See nutrition information  
for sugar content

**NET WT 4.94 LB (2.24 kg)**

GENUINE

## Nutrition Facts

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

**Amount per serving**  
**Calories 270**

	% Daily Value*
<b>Total Fat</b> 8g	<b>11%</b>
Saturated Fat 3g	<b>14%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>14%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 6g	<b>22%</b>
Total Sugars 2g	
Includes <1g Added Sugars	<b>2%</b>
<b>Protein</b> 32g	<b>64%</b>

Vitamin D 7mcg	35%
Calcium 590mg	45%
Iron 0.3mg	0%
Potassium 300mg	6%
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.

**INGREDIENTS:** MILK PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, MALTODEXTRIN, CALCIUM CASEINATE, NON-DAIRY CREAMER (SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE [MILK DERIVATIVE]), MONO- AND DIGLYCERIDES, TOCOPHEROLS [PROTECT FLAVOR]), 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, MAGNESIUM OXIDE, NATURAL AND ARTIFICIAL FLAVOR, 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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**WE'RE HERE TO HELP.** [MUSCLEMLK.COM/GATORADE](https://musclemlk.com/gatorade)  
OR 1-888-298-6629.

Scan here for more food information or call



**smartlabel<sup>®</sup>**  
1-888-298-6629

Notice: Product sold by weight, not by volume. Contents may settle during shipping and handling.

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