

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 (8g 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



GENUINE PROTEIN POWDER

32 GRAMS PROTEIN PER SERVING

2 GRAMS SUGAR† PER SERVING

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

NSF CERTIFIED SPORT

VANILLA CRÈME
ARTIFICIALLY FLAVORED
‡See nutrition information for sugar content

NET WT 30.9 OZ (1.93 LB) 875 g

270 CALORIES PER 2 SCOOPS

Nutrition Facts	
About 13 servings per container	
Serving size	2 scoops (70g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 8g	11%
Saturated Fat 3g	14%
Trans Fat 0g	
Cholesterol 40mg	14%
Sodium 135mg	6%
Total Carbohydrate 22g	8%
Dietary Fiber 6g	22%
Total Sugars 2g	
Includes <1g Added Sugars	2%
Protein 32g	64%
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.

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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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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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