

TEAR
HERE

MUSCLE MILK™

MM

100% WHEY**

25
GRAMS
PROTEIN
PER SERVING

2
GRAMS
SUGAR*
PER SERVING

LOW
IN
FAT

NSF
CERTIFIED
SPORT

CHOCOLATE
ARTIFICIALLY FLAVORED

PROTEIN POWDER

NET WT 5 LB (2.27 kg)

PER 1 SCOOP
130
CALORIES
1g
SAT FAT
5%
DV
160mg
SODIUM
7%
DV
2g
TOTAL
SUGARS
NOTICE: Use this product as a
food supplement only. Do not
use for weight reduction.

**100% OF THE PROTEIN IN THIS PRODUCT COMES FROM WHEY

*See nutrition information
for sugar content

TEAR
HERE

60726760703

32757607502 (BM)

Call for info
1-888-298-6629
Scan for info
@muscle_milk

TESTED FOR BANNED SUBSTANCES†

MUSCLE MILK® 100% WHEY contains a blend of high-quality whey protein isolate and concentrate 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 data from USDA FoodData Central, 2019 (fdc.usda.gov)

PROTEIN COMPARISONS

25g PROTEIN
One Serving
MUSCLE MILK®
100% WHEY

25g PROTEIN
4 Large Eggs

25g PROTEIN
3 Cups of
Fat Free Milk

25g PROTEIN
2.9 oz Grilled
Chicken Breast,
without skin

THE SCIENCE BEHIND PROTEIN

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DIRECTIONS & USE

Mix 1 scoop MUSCLE MILK® 100% WHEY into 6-8 fluid ounces of water for a great tasting protein shake that helps satisfy hunger.

You can also add MUSCLE MILK® 100% WHEY to recipes to increase the protein content.

THE POWER OF 100% WHEY

• 25g high-quality whey protein per serving to help rebuild muscle after exercise

• 2g sugar per serving

• Low in fat

ENERGIZING

HELPS SATISFY HUNGER

HELPS BUILD MUSCLE

ON-THE-GO NUTRITION

ANYTIME SNACK

POST-WORKOUT RECOVERY

INGREDIENTS: WHEY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, ALKALIZED COCOA POWDER, NATURAL AND ARTIFICIAL FLAVOR, LESS THAN 1% OF: SOY LECITHIN, ACESULFAME POTASSIUM, POTASSIUM CHLORIDE, SALT, SUCRALOSE, PROPYLENE GLYCOL, BROMELAIN. CONTAINS MILK AND SOY INGREDIENTS. PRODUCED FOR: CYTOSPORT, INC., P.O. BOX 049003, CHICAGO, IL 60604. MUSCLE MILK IS A REGISTERED TRADEMARK OF CYTOSPORT, INC. WE'RE HERE TO HELP. MUSCLEMILK.COM OR 1-888-298-6629. ©

Amount per serving

Calories 130

Serving size 1 scoop (34g)

About 66 servings per container

Nutrition Facts

Total Fat 2g

3%

Saturated Fat 1g

5%

Trans Fat 0g

Cholesterol 40mg

13%

Sodium 160mg

7%

Total Carbohydrate 3g

1%

Dietary Fiber 0g

0%

Total Sugars 2g

0%

Includes 0g Added Sugars

0%

Protein 25g

50%

Vitamin D 0mcg

0%

Calcium 130mg

10%

Potassium 280mg

6%