

PROSERIES

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[®]



47g PROTEIN
6 Jumbo Eggs



50g PROTEIN
6 Cups of
Fat Free Milk



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**

PROSERIES

PROTEIN POWDER SUPPLEMENT

HELPS SUPPORT MUSCLE REBUILDING
& RECOVERY**

SLAMMIN' STRAWBERRY
ARTIFICIALLY FLAVORED



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

NET WT 5 LB (2.27 kg)

PROSERIES

Supplement Facts

Serving Size 2 scoops (82g)
Servings per Container About 28

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	310	Calcium	780 mg 60%
Total Fat	4 g 5%*	Iron (as ferric pyrophosphate)	3.6 mg 20%
Saturated Fat	1 g 6%*	Phosphorus	630 mg 50%
Cholesterol	35 mg 12%*	Iodine (as potassium iodide)	30 mcg 20%
Total Carbohydrate	18 g 7%*	Magnesium	145 mg 35%
Dietary Fiber	<1 g 3%*	Zinc (as zinc oxide)	3.3 mg 30%
Total Sugars	3 g **	Copper (as copper gluconate)	0.18 mg 20%
Includes <1g Added Sugars	1%*	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	470 mg 10%
Vitamin C (as ascorbic acid)	32 mg 35%		
Vitamin D (as cholecalciferol)	7 mcg 35%		
Vitamin E (as dl-alpha-tocopheryl acetate)	5.3 mg 35%		
Thiamin (as thiamine mononitrate)	0.42 mg 35%		
Riboflavin	0.59 mg 45%		
Niacin (as niacinamide)	5.6 mg 35%		
Vitamin B ₆ (as pyridoxine hydrochloride)	0.6 mg 35%		
Folate (59 mcg folic acid)	100 mcg DFE 25%		
Vitamin B ₁₂ (as cyanocobalamin)	2.4 mcg 100%		
Biotin	6 mcg 20%		
Pantothenic Acid (as calcium d-pantothenate)	1.8 mg 35%		

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Daily Value (DV) not established.

OTHER INGREDIENTS: MILK PROTEIN ISOLATE, MALTODEXTRIN, CALCIUM CASEINATE, WHEY PROTEIN CONCENTRATE, SODIUM CASEINATE, NON-DAIRY CREAMER (SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE [MILK DERIVATIVE], MONO- AND DIGLYCERIDES, TOCOPHEROLS [PROTECT FLAVOR]), GUM ARABIC, POTASSIUM CHLORIDE, SOLUBLE CORN FIBER, MIXED TRIGLYCERIDES, WHEY PROTEIN ISOLATE, CANOLA OIL, NATURAL AND ARTIFICIAL FLAVOR, MAGNESIUM OXIDE, POTASSIUM BICARBONATE, SUCRALOSE, BEET POWDER (COLOR), ACESULFAME POTASSIUM, HYDROLYZED WHEY PROTEIN CONCENTRATE, LACTIC ACID.

CONTAINS MILK INGREDIENTS.

PRODUCED FOR:
CYTOSPORT, INC., P.O. BOX 049003,
CHICAGO, IL 60604
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MUSCLE MILK IS A REGISTERED
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WE'RE HERE TO HELP. [MUSCLEMILK.COM](https://www.muscle milk.com)
OR 1-888-298-6629.

