

WORK OUT.
BE STRONG.
MOVE FORWARD.

- 15g high-quality protein per serving to help rebuild muscles after exercise
- Excellent source of Vitamins A, C, & D
- Vitamin D and Calcium for strong bones

DIRECTIONS & USE



Mix 2 scoops MUSCLE MILK® ZERO Protein Powder into 8 fluid ounces water for a great tasting shake that helps satisfy hunger.

You can also add MUSCLE MILK® ZERO Protein Powder to pancakes, smoothies or other 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



ENERGIZING



HELPS SATISFY
HUNGER



HELPS BUILD
MUSCLE



ON-THE-GO
NUTRITION



ANYTIME
SNACK



POST-WORKOUT
RECOVERY

THE SCIENCE BEHIND PROTEIN

MUSCLE MILK® ZERO 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)



15g PROTEIN
One Serving
MUSCLE MILK®
ZERO Protein Powder



14g PROTEIN
3 Small Eggs



17g PROTEIN
2 Cups of
Fat Free Milk



15g PROTEIN
1.7 oz Grilled
Chicken Breast,
without skin

MUSCLE MILK



ZERO

ZERO SUGAR‡
PER SERVING

15 GRAMS
PROTEIN
PER SERVING

EXCELLENT SOURCE OF
VITAMINS A, C, & D

FROM THE MAKERS OF



NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

VANILLA CRÈME
ARTIFICIALLY FLAVORED

PROTEIN POWDER

NET WT 26.5 OZ (1.65 LB) 750 g

100
CALORIES
PER 2 SCOOPS

‡Not a low calorie food.



Nutrition Facts

25 servings per container

Serving size 2 scoops (30g)

Amount per serving
Calories 100

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 115mg **5%**

Total Carbohydrate 10g **4%**

Dietary Fiber 6g **20%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 15g **30%**

Vitamin D 4mcg 20%

Calcium 250mg 15%

Iron 0mg 0%

Potassium 190mg 4%

Vitamin A 180mcg 20%

Vitamin C 18mg 20%

Magnesium 65mg 15%

* 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: CALCIUM CASEINATE, SOLUBLE CORN FIBER, SODIUM CASEINATE, WHEY PROTEIN ISOLATE, MALTODEXTRIN, NON-DAIRY CREAMER (SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE [MILK DERIVATIVE]), MONO- AND DIGLYCERIDES, TOCOPHEROLS (PROTECT FLAVOR)), MILK PROTEIN ISOLATE, CONTAINS 2% OR LESS OF ACESULFAME POTASSIUM, ASCORBIC ACID (VITAMIN C), CANOLA OIL, CARRAGEENAN, CELLULOSE GUM, MAGNESIUM PHOSPHATE, MIXED TRIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM CHLORIDE, PURIFIED STEVIA LEAF EXTRACT, SUCRALOSE, TRICALCIUM PHOSPHATE, VITAMIN A PALMITATE, VITAMIN D3, XANTHAN GUM.

CONTAINS MILK INGREDIENTS.

PRODUCED FOR:
CYTOSPORT, INC., P.O. BOX 049003, CHICAGO, IL 60604
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MUSCLE MILK IS A REGISTERED TRADEMARK OF
CYTOSPORT, INC.

WE'RE HERE TO HELP. MUSCLEMILK.COM/GATORADE OR 1-888-298-8629

‡Not a low calorie food.

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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WINDOW FOR VISIBLE FILL