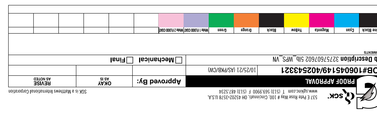

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Nutrition Facts

About 68 servings per container

Serving size 1 scoop (33g)

Amount per serving

Calories 130

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 140mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 25g	50%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 0mg	0%
Potassium 250mg	6%

* 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: WHEY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, MALTODEXTRIN, LESS THAN 1% OF: NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM CHLORIDE, SOY LECITHIN, ACESULFAME POTASSIUM, SUCRALOSE, PROTEASE ENZYMES FROM BACILLUS SUBTILIS AND BROMELAIN, SALT.

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.

Ⓓ

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

rbST FREE

††No significant difference has been shown between milk derived from rbST treated and non-rbST treated cows

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MUSCLE MILK®

OWN YOUR STRENGTH

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

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 SCIENCE BEHIND PROTEIN

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 COMPARISONS

Protein data from USDA FoodData Central, 2019 (fdc.nal.usda.gov)

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

NSF CERTIFIED SPORT

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.

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