

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

MUSCLE MILK®



GENUINE  
PROTEIN POWDER

32

GRAMS  
PROTEIN  
PER SERVING

2

GRAMS  
SUGAR†  
PER SERVING

EXCELLENT  
SOURCE OF  
CALCIUM  
AND  
VITAMINS  
A,C&D



VANILLA CRÈME  
ARTIFICIALLY FLAVORED

†See nutrition information  
for sugar content

NET WT 39.5 OZ (2.47 LB) 1.12 kg

270  
CALORIES  
PER 2 SCOOPS

Nutrition Facts

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

