

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 Vitamin D for strong bones
- 2.4g Medium Chain Triglycerides (MCTs) per serving

DIRECTIONS & USE



Mix 2 scoops MUSCLE MILK[®] GENUINE into 8 fluid ounces of water for a great tasting protein shake.

You can also add MUSCLE MILK[®] GENUINE protein powder 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.



**HELPS BUILD
MUSCLE**



**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

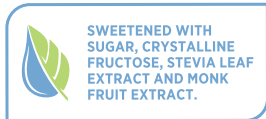


**33g
PROTEIN**
4 Cups of
Fat Free Milk



**32g
PROTEIN**
3.7 oz Grilled
Chicken Breast,
without skin

MUSCLE MILK[™]



**GENUINE
PROTEIN POWDER**

32
GRAMS
PROTEIN
PER SERVING

EXCELLENT
SOURCE OF
20
VITAMINS &
MINERALS

2.4
GRAMS
MCTs
PER SERVING



**NATURAL
VANILLA FLAVOR**
WITH OTHER
NATURAL FLAVORS

NET WT 39.5 OZ (2.47 LB) 1.12 kg

**310
CALORIES
PER 2 SCOOPS**

GENUINE

Nutrition Facts

16 servings per container
Serving size 2 scoops (70g)

Amount per serving
Calories 310

% Daily Value*

Total Fat 11g **14%**
Saturated Fat 4g **20%**
Trans Fat 0g
Polyunsaturated Fat 0.5g
Monounsaturated Fat 5g

Cholesterol 20mg **7%**
Sodium 140mg **6%**
Total Carbohydrate 21g **8%**

Dietary Fiber 1g **4%**
Total Sugars 16g
Includes 15g Added Sugars **30%**
Protein 32g **64%**

Vitamin D 7mcg 35%
Calcium 520mg 40%
Iron 3.6mg 20%
Potassium 380mg 8%
Vitamin A 320mcg 35%
Vitamin C 32mg 35%
Vitamin E 5.3mg 35%
Thiamin 0.42mg 35%
Riboflavin 0.46mg 35%
Niacin 5.6mg 35%
Vitamin B6 0.6mg 35%
Folate 140mcg DFE (Folic Acid 82mcg) 35%
Vitamin B12 0.84mcg 35%
Biotin 10.5mcg 35%
Pantothenic Acid 1.8mg 35%
Phosphorus 440mg 35%

Iodine 30mcg 20%
Magnesium 145mg 35%
Zinc 2.2mg 20%
Copper 0.18mg 20%
Chromium 12.3mcg 35%

* 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: MILK PROTEIN ISOLATE, CALCIUM CASEINATE, SUGAR, SODIUM CASEINATE, SUNFLOWER OIL, MALTODEXTRIN, MEDIUM CHAIN TRIGLYCERIDES, CRYSTALLINE FRUCTOSE, CANOLA OIL, NATURAL FLAVOR, SOLUBLE CORN FIBER, LESS THAN 1% OF: POTASSIUM CHLORIDE, WHEY PROTEIN ISOLATE, INULIN, CALCIUM PHOSPHATE,

MAGNESIUM OXIDE, POTASSIUM BICARBONATE, TOCOPHEROLS (PROTECT FLAVOR), MONO- AND DIGLYCERIDES, PURIFIED STEVIA LEAF EXTRACT, ASCORBIC ACID, WHEY PROTEIN CONCENTRATE, HYDROLYZED WHEY PROTEIN CONCENTRATE, MONK FRUIT EXTRACT, FERRIC PYROPHOSPHATE, DL-ALPHA-TOCOPHERYL ACETATE, NIACINAMIDE, FOLIC ACID, ZINC OXIDE, VITAMIN A PALMITATE, POTASSIUM IODIDE, CYANOCOBALAMIN, COPPER GLUCONATE, CHOLECALCIFEROL, CALCIUM D-PANTOTHENATE, SOY LECITHIN, THIAMINE MONONITRATE, RIBOFLAVIN, PYRIDOXINE HYDROCHLORIDE, CHROMIUM CHLORIDE, BIOTIN.

CONTAINS MILK AND SOY INGREDIENTS.

PRODUCED FOR:
CYTOSPORT, INC., P.O. BOX 049003, CHICAGO, IL 60604
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WE'RE HERE TO HELP. MUSCLEMILK.COM OR 1-888-298-6629.

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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