

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 (9g 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](https://www.nsf.org)

**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

3
GRAMS
SUGAR[‡]
PER SERVING

EXCELLENT
SOURCE OF
CALCIUM
AND
**VITAMINS
A,C&D**



PER 2 SCOOPS

270
CALORIES

3g
SAT FAT
15% DV

140mg
SODIUM
6% DV

2g
ADDED
SUGARS
3% DV

COOKIES 'N CRÈME

ARTIFICIALLY FLAVORED

[‡]See nutrition information
for sugar content

NET WT 4.94 LB (2.24 kg)

GENUINE

Nutrition Facts

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

Amount per serving
Calories 270

% Daily Value*

Total Fat 9g **11%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 40mg **14%**

Sodium 140mg **6%**

Total Carbohydrate 22g **8%**

Dietary Fiber 6g **23%**

Total Sugars 3g

Includes 2g Added Sugars **3%**

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.

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, COOKIE PIECES (MILK PROTEIN ISOLATE, INULIN, PALM OIL, SUGAR, COCOA [PROCESSED WITH ALKALI]), GROUND FLAX SEED, SUNFLOWER LECITHIN, NATURAL FLAVOR), CONTAINS 2% OR LESS OF ACESULFAME POTASSIUM, ASCORBIC ACID (VITAMIN C), CALCIUM PHOSPHATE, DEXTROSE, 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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MUSCLE MILK IS A REGISTERED TRADEMARK OF CYTOSPORT, INC.

WE'RE HERE TO HELP. [MUSCLEMILK.COM/GATORADE](https://www.muscle milk.com/gatorade)

OR 1-888-298-6629.

Scan here for more food information or call



smartlabel[®]
1-888-298-6629

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

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