

NEW LOWER FAT FORMULA

33% LESS FAT THAN ORIGINAL MUSCLE MILK

AMERICA'S FAVORITE PROTEIN DRINK!

When **MUSCLE MILK®** was first introduced, CytoSport™ scientists attempted to emulate one of nature's most anabolic, complete, and balanced foods: human mother's milk. **MUSCLE MILK broke the mold, creating a new category of protein supplements** while setting a new standard for both taste and performance. As a result, **MUSCLE MILK** has become America's favorite protein drink.

But the science of human metabolism is never static; our understanding of its complexity is expanding everyday. Recently the Dietary Guidelines Advisory Committee (DGAC) published a report that updated America's Nutritional goals. CytoSport scientists have evaluated the report and have updated **MUSCLE MILK** to keep pace with these new developments.

No matter what your ultimate goals may be—building muscle mass or sculpting a toned, muscular physique—controlling caloric intake and specific physical activity go hand-in-hand with managing your total weight. When it comes to defining weight control, calories do count. **Most Americans need to reduce the number of calories they consume.** Since lipids or fats contain approximately twice the caloric energy of carbs, minimizing the total fat content in **MUSCLE MILK**—while maintaining the overall fat-burning benefits of **LEANLIPIDS**—helps to accomplish this goal.*

CHOOSE FATS WISELY. LEANLIPIDS™ BURN FAT INSTEAD OF STORING IT!*

Leading scientists assessing the true role of fats in increasing lean muscle growth have shown that all fats are not created equal. The type of fat determines whether you use it for muscle energy or store it as body fat! The **LEANLIPIDS** used in **MUSCLE MILK** help promote fat loss three ways:*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

▼ Medium-chain triglycerides (MCTs), the pre-digested, "fast-burning fats," are more likely burned for muscle energy and heat than stored as fat. Of total lipids, human mother's milk contains approximately 20% MCTs. **MUSCLE MILK** replicates this important lipid structure.*

▼ Long-chain polyunsaturated fatty acids are also less likely to be stored as fat. These lipids are additionally functional, since they enhance mineral retention and anti-inflammatory response.*

▼ Recent research reveals that calories plus engineered lipids, consumed before and during workouts, promote leanness. It is thought that these calories are used for workout energy, with fewer deposited as fat.*

CHOOSE CARBOHYDRATES WISELY.

Low-sugar, complex carbs are an important part of a healthy, active lifestyle. **Zero-lactose,** starch-based complex carbs, as formulated here in **MUSCLE MILK**, supply energy to the body in the form of glucose. Glucose is the only energy source for red blood cells and the preferred energy source for exercising muscles that are operating anaerobically. **MUSCLE MILK** also supplies carbs in the form of fiber, acknowledging that **fiber is an important part of a healthy diet.***

EVOPRO™- NATURE'S ULTIMATE ANABOLIC PROTEIN-AMINO BLEND*

Human milk is composed of unique and highly complex proteins, peptides, and amino acids, which together promote rapid muscle tissue growth. Nature created this precise mix to stimulate muscle growth to higher levels, and **EVOPRO** models nature by including these same alpha and beta micellar caseins (from calcium and sodium caseinate), L-glutamine, and alpha-lactalbumin and lactoferrin (from whey). **EVOPRO** is your ultimate nitrogen delivery source for muscle development.*

NEW!
ADVANCED
FORMULA w/ FIBER
SAME GREAT TASTE

CYTOSPORT

BURN FAT!
DON'T STORE IT!*

MUSCLE MILK®

NATURE'S ULTIMATE LEAN MUSCLE FORMULA!

ZERO
LACTOSE

* **MICELLAR PROTEINS**
STIMULATE MUSCLE SYNTHESIS

* **LEANLIPIDS™**
"DESIGNER" FATS
PROMOTE LEANNESS

* **COMPLETE α-β CASEINS,**
PEPTIDES and LACTALBUMINS
TRIGGER NEW GROWTH

* **LACTOFERRIN**
INCREASE OXYGEN DELIVERY

* **GROWTH PEPTIDES**
BOOST NITROGEN BALANCE

BROWNIE BATTER
NATURALLY and ARTIFICIALLY FLAVORED

PROTEIN SUPPLEMENT
WITH ADDED VITAMINS AND MINERALS

NET WT. 2.47 LBS (1120g)

FAT CONTENT HAS BEEN REDUCED FROM 18g TO 12g PER SERVING. CALORIES HAVE BEEN REDUCED FROM 350 TO 300 PER SERVING.

Supplement Facts

Serving Size 2 scoops (70g)
Servings Per Container 16

Amount Per Serving	% Daily Value*
Calories 300	
Calories from Fat 110	
Total Fat 12 g	19%
Saturated Fat 6 g†	31%
Cholesterol 15 mg	5%
Total Carbohydrate 16 g	5%
Dietary Fiber 5 g	20%
Soluble Fiber 3 g	**
Insoluble Fiber 2 g	**
Sugars 4 g	**
Protein 32 g	64%
Vitamin A (as vitamin A palmitate) 1750 IU	35%
Vitamin C (as ascorbic acid) 21 mg	35%
Vitamin D (as cholecalciferol) 140 IU	35%
Vitamin E (as d-alpha tocopheryl acetate) 11 IU	35%
Thiamin (as thiamin mononitrate) 0.5 mg	35%
Riboflavin 0.6 mg	35%
Niacin (as niacinamide) 7 mg	35%
Vitamin B6 (as pyridoxine hydrochloride) 0.7 mg	35%
Folate (as folic acid) 140 mcg	35%
Vitamin B12 (as cyanocobalamin) 2.1 mcg	35%
Biotin 105 mcg	35%
Pantothenic Acid (as calcium pantothenate) 4 mg	35%
Calcium (as di-calcium phosphate) 350 mg	35%
Iron (as ferrous fumarate) 6 mg	35%
Phosphorus (as di-calcium phosphate) 450 mg	45%
Iodine (as potassium iodide) 53 mcg	35%
Magnesium (as magnesium oxide) 140 mg	35%
Zinc (as zinc oxide) 5 mg	35%
Copper (as copper gluconate) 0.7 mg	35%
Chromium (as chromium nicotinate) 96 mcg	80%
Sodium 230 mg	10%
Potassium 790 mg	23%

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

† 80% of saturated fats are in the form of medium chain triglycerides (MCT's). MCT's are typically burned as energy and show little or no propensity for storage as body fat or as a contributor to arteriosclerosis.

INGREDIENTS

EVOPRO™ (CALCIUM AND SODIUM CASEINATE, MILK PROTEIN ISOLATE, WHEY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, WHEY PEPTIDES, LACTOFERRIN, L-GLUTAMINE, TAURINE), LEANLIPIDS™ (MEDIUM-CHAIN TRIGLYCERIDES, SUNFLOWER AND/OR SAFFLOWER OIL, CANOLA OIL, L-CARNITINE), COCOA POWDER, MALTODEXTRIN, RESISTANT MALTODEXTRIN, FRUCTOSE, NATURAL AND ARTIFICIAL FLAVOR, CYTOVITE 1™ VITAMIN MINERAL BLEND, FRUCTO-OLIGOSACCHARIDE, POTASSIUM CHLORIDE, ACESULFAME POTASSIUM, SUCRALOSE, SOY LECITHIN.

ALLERGEN STATEMENT: THIS PRODUCT CONTAINS INGREDIENTS DERIVED FROM MILK AND SOY.

THIS PRODUCT IS MANUFACTURED IN A PLANT THAT PROCESSES MILK, SOY, WHEAT & EGGS.

DIRECTIONS

Mix two scoops in 10-12 fl. oz. water. Tastes like a real milk shake.

BEFORE & DURING WORKOUTS Take **MUSCLE MILK** one hour prior to workout. For a truly awesome workout, take **FAST TWITCH™ Power Workout Drink Mix** before and during your workout.

AFTER WORKOUTS Take **MUSCLE MILK** within one hour of completing your workout. After workouts, the body is in a catabolic state. **MUSCLE MILK** helps reverse this muscle breakdown by providing the necessary nutrients for muscle synthesis.*

PRIOR TO BEDTIME Sleep is actually a catabolic period. Remember, breakfast means to "break your fast." During any fast, you break down precious muscle tissue for energy. **MUSCLE MILK** will help you wake up more anabolic.*

REFERENCES: 1) Nutrition and Your Health: Dietary Guidelines for Americans. Dietary Guidelines Advisory Committee. 2005. 2) Jensen RG. Lipids in Human Milk. Lipids 1999; 34:1243-1271. 3) Marten B, Pleutier M, & Schrezenmeyer J. Medium Chain Triglycerides. International Dairy Journal 2006; 16:1374-1382. 4) Connor WE. Importance of n-3 fatty acids in health and disease. Am J Clin Nutr 2000; 71(suppl):171S-175S. 5) Connor WE. alpha-Linolenic acid in health and disease. Am J Clin Nutr 1999; 69(s):827-828. 6) Anderson JW, Smith BM, & Gustafson NJ. Health benefits and practical aspects of high-fiber diets. Am J Clin Nutr 1994; 59(suppl):1242S-7S. 7) Pan D, & Storlien LH. Dietary Lipid Profile is a Determinant of Tissue Phospholipid Fatty Acid Composition and Rate of Weight Gain in Rats. J. Nutr. 1993; 123:512-518. 8) Bell PR, Spencer MJ, & Sherriff JL. Voluntary Exercise and Monounsaturated Canola Oil Reduce Fat Gain in Mice Fed Diets High in Fat. J. Nutr. 1997; 127:2006-2010. 9) Shimomura Y, Tamura T, & Suzuki M. Less Body Fat Accumulation in Rats Fed a Safflower Oil Diet Than in Rats Fed a Beef Tallow Diet. J. Nutr. 1990; 120:1291-1296.

Produced by CytoSport, Inc.,
Benicia, CA 94510 ©2008

Consumer Information Call
1-888-298-6629
www.cytosport.com

