

WORLD'S FIRST EVOLUTIONARY MUSCLE BUILDER
MUSCLE MILK helps grow muscle faster than gainers, whey or even creatine. This increased muscle growth is possible because **MUSCLE MILK** is the first product patterned after Nature's ultimate anabolic food—human mother's milk.

Locked within the composition of human mother's milk are long-held secrets to muscle growth potential. After years of study, we've unlocked these secrets! We then took the next step and actually duplicated these important muscle growth factors into **MUSCLE MILK**.

MUSCLE MILK HELPS YOU GROW MUSCLE LIKE NEVER BEFORE, EVEN FOR THE HARDEST GAINERS!

While human milk is the quintessential growth promoter, we found ways to improve on it for even greater muscle synthesis. For example, we reduced lactose and fat, while discovering a way to recreate the lean-promoting lipids in human milk.

LEANLIPIDS™ BURN FAT... INSTEAD OF STORING IT!

Leading scientists assessing the true role of fats in increasing lean muscle growth have shown 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** promote fat loss 3 ways:

▼ Medium Chain Triglycerides (MCTs), the predigested "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. Special enzyme engineering makes these lipids more functional, enhancing mineral retention and anti-inflammatory response.

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

So while **MUSCLE MILK** may contain slightly more fat than low-fat high-carb products, our **LEANLIPIDS** are designed to help you get leaner.

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

Human milk is composed of unique and highly complex proteins, peptides and amino acids, which promote rapid muscle tissue growth. **EVOPRO** includes these alpha and beta micellar caseins, alpha-lactalbumin, lactoferrin, L-glutamine and more. Nature created this precise mix to stimulate muscle growth to higher levels, and **EVOPRO** is the ultimate nitrogen delivery source.

WAKE UP SLEEPING GROWTH RECEPTORS

Studies show that growth factors found in mother's milk can wake up inborn growth receptors even in adults. These growth receptors, which help boost immunity and growth in infants, are 'turned on' to exert anabolic metabolism. Whether you're 4 or 44, these growth receptors are ready to be awakened, and lactose free **MUSCLE MILK** is the best way.

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.

0g TRANS FATTY ACIDS

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
- **GROWTH PEPTIDES**
BOOST NITROGEN BALANCE
- **COMPLETE α - β CASEINS, PEPTIDES**
and LACTALBUMINS
TRIGGER NEW GROWTH
- **LACTOFERRIN**
INCREASE OXYGEN DELIVERY

ORANGE CRÈME DIETARY SUPPLEMENT
NET WT. 2.48 lbs (1125g)

Supplement Facts

Serving Size 2 scoops (75g)
Servings Per Container 15

Amount Per Serving	In Water	2 cups low fat milk
Calories	350	640
Calories from Fat	160	250
% Daily Values*		
Total Fat 18g	28%	43%
Saturated Fat 8g†	40%	70%
Cholesterol 5mg	2%	2%
Sodium 200mg	8%	20%
Potassium 600mg	17%	37%
Total Carbohydrate 12g	4%	14%
Dietary Fiber 0g	0%	0%
Sugars 6g		
Protein 32g	64%	78%
Vitamin A	33%	52%
Vitamin C	33%	45%
Vitamin D	33%	85%
Vitamin E	33%	33%
Thiamine	33%	48%
Riboflavin	33%	95%
Niacin	33%	33%
Vitamin B ⁶	33%	45%
Folic Acid	33%	33%
Vitamin B ¹²	33%	62%
Biotin	33%	33%
Pantothenic Acid	33%	45%
Calcium	33%	100%
Iron	33%	33%
Phosphorus	33%	85%
Iodine	33%	33%
Magnesium	33%	52%
Zinc	33%	46%
Copper	33%	33%
Chromium 100mcg	83%	83%

*Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

†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™ (MICELLAR ALPHA AND BETA CASEINS AND CASEINATES, WHEY CONCENTRATES RICH IN ALPHA-LACTALBUMIN, WHEY ISOLATES, WHEY PEPTIDES, L-GLUTAMINE, TAURINE, LACTOFERRIN), LEANLIPIDS™ (TRANS FAT FREE LIPID COMPLEX CONSISTING OF CANOLA OIL, SUNFLOWER AND/OR SAFFLOWER OIL, MCT'S, L-CARNITINE), FRUCTOSE, MALTODEXTRIN, CYTOVITE™ (VITAMIN AND MINERAL PREMIX CONSISTING OF VITAMIN A ACETATE, CHOLECALCIFEROL, D-ALPHA-TOCOPHEROL ACETATE, ASCORBIC ACID, FOLATE, THIAMINE MONONITRATE, RIBOFLAVIN, NIACINAMIDE, PYRIDOXINE HCL, CYANOCOBALAMIN, BIOTIN, PANTOTHENIC ACID, DI-CALCIUM PHOSPHATE, POTASSIUM IODIDE, POTASSIUM CHLORIDE, FERROUS FUMARATE, MAGNESIUM OXIDE, COPPER GLUCONATE, ZINC OXIDE, CHROMIUM NICOTINATE), NATURAL AND ARTIFICIAL FLAVORS, ACESULFAME POTASSIUM, BETA CAROTENE, SUCRALOSE, SOY LECITHIN.

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

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DIRECTIONS

Mix two scoops in 10-12 fl-oz. water. Want even more satisfaction? Mix with low-fat milk. Tastes like a real milk shake. Honest!

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.

For information on CytoSport quality products, Call 1-888-CYTOMAX (298-6629) or Email productquestions@cytosport.com

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