

NEW LIPIDS BURN FAT... INSTEAD OF STORING IT!

Leading scientists "rethinking" the 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! "Good lipids" used in **MUSCLE MILK** promote fat loss 3 ways:

MCTs, the predigested "fatless fats", are more likely burned for muscle energy and heat than stored as fat. 20% of human milk and **MUSCLE MILK** lipids are MCTs. MCTs also promote positive nitrogen balance.

Long-chain polyunsaturated fatty acids are also less likely to be stored as fat. We use special enzyme engineering to make these lipids even more functional, promoting anti-inflammatory effects and enhanced mineral retention.

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 older ultra-carb products, our **LEAN-LIPIDS™** are designed to help you get leaner.

WORLD'S FIRST EVOLUTIONARY MUSCLE BUILDER

MUSCLE MILK helps grows 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 human mother's milk are long-held secrets to muscle growth potential previously considered impossible. 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!

Growth promoting as human milk is, we found ways to improve on it for even greater muscle synthe-

sis. For example, we reduce lactose and fat, while discovering a way to recreate the lean-promoting lipids in human milk. Plus, we add a breakthrough that enables you to make more of your own creatine.

MUSCLE MILK triggers new levels of muscular growth in 3 ways other products can't:

1) CREATINE GCC- HELP SUPPORT YOUR BODY'S OWN CREATINE PRODUCTION

We discovered a revolutionary method to increase your body's own production of muscle energy critical creatine. These creatine factors help your body to produce optimum creatine levels. Creatine supplements are good, but so is your body's making more of its own. Plus, Creatine GCC scavenges toxic homocysteine, an enemy of muscle growth.

2) EVOPRO™ NATURE'S ULTIMATE ANABOLIC PROTEIN-AMINO BLEND

Human milk is composed of highly unique and complex proteins, peptides and amino acids, which is why it grows human muscle tissue so rapidly. EvoPro includes these alpha and beta micellar caseins, a-Lactalbumin, lactoferrin, glutamine peptides and more. Nature created this precise mix to stimulate muscle growth to higher levels, and EvoPro is the ultimate nitrogen source to deliver it.

3) LEANLIPIDS™ "GOOD FATS" THAT HELP YOU GET LEANER

Human milk contains custom fat structures that actually promote leanness, while retaining more energy in the body. This promotes thermogenesis, enabling protein and amino acids to be used for muscle growth at higher levels. **LEANLIPIDS** even help retain minerals critical to muscle contraction, and are a great source of these customized lipids for serious athletes.

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.

NO TRANS
FATTY ACIDS

-FRUIT-
Smoothie

ZERO
LACTOSE

MUSCLE MILK™

NATURE'S ULTIMATE LEAN MUSCLE FORMULA

- **CREATINE GCC** INCREASED ANABOLIC CREATINE OUTPUT
- **MICELLAR PROTEINS** STIMULATE MUSCLE SYNTHESIS
- **LEANLIPIDS™** "DESIGNER" FATS PROMOTE LEANNESS
- **GROWTH PEPTIDES** BOOST NITROGEN BALANCE
- **COMPLETE A-β CASEINS, PEPTIDES and LACTALBUMINS** TRIGGER NEW GROWTH
- **LACTOFERRIN** INCREASE OXYGEN DELIVERY
- **SECRETORY IGA** FIGHT OVERTRAINING

STRAWBERRY BANANA Dietary Supplement
Net. Wt. 2.48 lbs. (1125g)

BURN FAT!

DON'T STORE IT!

Supplement Facts

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

	In Water	2 cups low fat milk
Calories	348	638
Calories from Fat	162	252
Amount Per Serving	% Daily Values*	
Total Fat 18g	28%	43%
Saturated Fat 8g ¹	40%	70%
Cholesterol 3mg	1%	1%
Sodium 200mg	8%	20%
Potassium 595mg	17%	37%
Total Carbohydrate 12g	4%	14%
Dietary Fiber <2g	8%	8%
Sugars 6g		
Protein 32g	64%	78%
Vitamin A	33%	52%
Vitamin C	33%	45%
Calcium	33%	100%
Iron	33%	33%
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%
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.

¹ 80% of saturated fats are in the form of medium chain triglycerides (MCTs). MCTs are typically burned as energy and show little or no propensity for storage as body fat or as a contributor to arteriosclerosis.

INGREDIENTS

EVOPRO™ Our custom protein, peptide and amino acid matrix designed to closely reflect the nitrogen components and ratios found in human mother's milk (Micellar Alpha and Beta Caseins and Caseinates, Whey Concentrates rich in Alpha-Lactalbumin, Whey Isolates, Whey Peptides, Purified Bovine Colostrum Extract rich in Secretory IgA and IGF-1, Glutamine Peptides, L-Taurine, Lactoferrin). **LEAN-LIPIDS™** Trans Fat Free Lipid complex selected for thermogenic and unique energy properties (Canola Oil, Sunflower Oil, Enzyme Engineered Polyunsaturated Long-Chain Vegetable Oils, MCTs, L-Carnitine), fructose, maltodextrin, CYTOVITE™ Vitamin and mineral premix consisting of (Vitamin A acetate, cholecalciferol, d-alpha-tocopherol acetate, ascorbic acid, folate, thiamine monohydrate, riboflavin, niacinamide, pyridoxine HCL, cyanocobalamin, biotin, pantothenic acid, di-calcium phosphate, potassium iodide, potassium chloride, ferrous fumarate, magnesium oxide, copper gluconate, and zinc oxide), Creatine GCC, our proprietary, endogenous creatine precursor (glycocyamine, betaine anhydrous), natural and artificial flavors, acesulfame potassium, sucralose, chromium nicotinate, carmine (added for color).

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DIRECTIONS

Take **MUSCLE MILK** anytime you would take in a shake or gainer, but want a better tasting, more anabolic formula.

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

BEFORE & DURING WORKOUTS

For a truly **awesome** weight workout, take **CYTOMAX™** and **MUSCLE MILK** together during the workout. Flooding the body with growth nutrients, plus the patented acid buffers of **CYTOMAX**, gives new meaning to "burning down the house."

AFTER WORKOUTS

After workouts, the body is in a catabolic state. **MUSCLE MILK** helps reverse this muscle breakdown by "tricking" the body into muscle synthesis when you normally break down muscle.

PRIOR TO BEDTIME

Sleep is actually a catabolic period. Remember, breakfast means to "break your fast" of the night. 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)
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www.cytosport.com

