

PRO SERIES

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BE STRONG. RECOVER FAST.
FUEL UP. SUCCEED.

50G
PROTEIN
PER SERVING

HIGH QUALITY
PROTEIN:

- Build lean muscles*
- Recover after your workout†

20
VITAMINS
& MINERALS
PER SERVING

EXCELLENT
SOURCE:

- Antioxidant vitamins C & E
- Vitamin D, Calcium, Magnesium and Phosphorus for strong bones†

MUSCLE MILK® PROTEIN POWDERS OFFER QUALITY YOU CAN TRUST



*FREE OF
BANNED
SUBSTANCES

NSF screens for more than 200 substances banned by most major athletic organizations. The main components of NSF's certification program are label claim review, a toxicology review to certify the formulation and contaminant review to ensure against contaminants. nsfsport.com

PROTEIN COMPARISONS

Protein Data from USDA Nutrient Database (ndb.nal.usda.gov)



One Serving
MUSCLE MILK PRO SERIES®
Protein Powder
(50g protein)



6 Jumbo Eggs
(48g protein)



6 – 8 oz Glasses Skim Milk
(50g protein)



5.6 oz Cooked
Chicken Breast
(50g protein)

TYPICAL AMINO ACID PROFILE FROM COMPLETE PROTEIN

as found in a 2 scoop (82g) serving of MUSCLE MILK
PRO SERIES® Protein Powder†

WHAT ARE YOU GETTING
AND WHY IS IT IMPORTANT?
CHECK THIS OUT →

ESSENTIAL

L-Isoleucine	2,585mg
L-Valine	3,045mg
L-Leucine	4,780mg
L-Histidine	1,275mg
L-Lysine	3,875mg
L-Methionine	1,165mg
L-Phenylalanine	2,310mg
L-Threonine	1,950mg
L-Tryptophan	685mg

◀ Branched chain amino acids leucine, isoleucine and valine help support muscle maintenance and growth.

◀ Leucine triggers muscle protein growth and helps prevent muscle protein breakdown.

*Approximate values

NON-ESSENTIAL

L-Alanine	1,620mg
L-Arginine	1,490mg
L-Aspartic Acid	3,690mg
L-Cysteine	845mg
L-Glutamic Acid	10,050mg
L-Glycine	915mg
L-Proline	4,820mg
L-Serine	2,580mg
L-Tyrosine	2,320mg

MORE THAN WHEY. MORE THAN PROTEIN.

- Protein supports muscle repair, maintenance and growth. MUSCLE MILK PRO SERIES® Protein Powder contains a combination of high-quality slow releasing (casein) and fast releasing (whey) proteins. This combination provides a more sustained delivery of protein, compared to whey alone.†
- Recovery from exercise is an ongoing process, extending beyond the 1 hour post workout window. The combined benefits of whey and casein protein help support muscle recovery after exercise.†
- The unique protein blend in MUSCLE MILK PRO SERIES® Protein Powder delivers 10g of branched-chain amino acids from bound protein, including 4g of Leucine, to help jump start muscle repair and growth.†

MUSCLE MILK® BRAND

50G
PROTEIN
PER SERVING

PROTEIN POWDER

POWERFUL PROTEIN

3G
TOTAL
SUGARS
PER SERVING

EXCELLENT SOURCE OF
20
VITAMINS
& MINERALS
PER SERVING

SOY &
GLUTEN
FREE



INTENSE
VANILLA

NATURALLY & ARTIFICIALLY FLAVORED

SERVING SUGGESTION

NET WT 40.7 OZ(2.54 LBS/1154G)

Supplement Facts

Serving Size 2 scoops (82g)
Servings Per Container About 14

Amount Per Serving	%DV
Calories 320	
Total Fat 5g	6%*
Saturated Fat 2g	10%*
Trans Fat 0g	**
Polyunsaturated Fat 0g	**
Monounsaturated Fat 2g	**
Cholesterol 45mg	15%*
Total Carbohydrate 18g	7%*
Dietary Fiber 0g	0%*
Total Sugars 3g	**
Includes 1g Added Sugars	2%*
Protein 50g	100%*
Vitamin A (as Vitamin A Palmitate) 315mcg	35%
Vitamin C (as Ascorbic Acid) 32mg	35%
Vitamin D (as Cholecalciferol) 7mcg	35%
Vitamin E (as dl-Alpha-Tocopheryl Acetate) 5mg	35%
Thiamin (as Thiamine Mononitrate) 0.4mg	35%
Riboflavin 0.5mg	35%
Niacin (as Niacinamide) 6mg	35%
Vitamin B6 (as Pyridoxine Hydrochloride) 0.6mg	35%
Folate 140 mcg DFE (84 mcg Folic Acid)	35%
Vitamin B12 (as Cyanocobalamin) 0.8mcg	35%
Biotin 11mcg	35%
Pantothenic Acid (as Calcium d-Pantothenate) 2mg	35%
Calcium 780mg	60%
Iron (as Ferric Pyrophosphate) 4mg	20%
Phosphorus 625mg	50%
Iodine (as Potassium Iodide) 30mcg	20%
Magnesium 168mg	40%
Zinc (as Zinc Oxide) 2mg	20%
Copper (as Copper Gluconate) 0.2mg	20%
Chromium (as Chromium Chloride) 7mcg	20%
Sodium 180mg	8%
Potassium 470mg	10%

* Percent Daily Value (DV) based on a 2,000 calorie diet.
** Percent Daily Value (DV) not established.

INGREDIENTS: DAIRY DERIVED PROTEIN BLEND (MILK PROTEIN CONCENTRATE, CALCIUM SODIUM CASEINATE [MILK], WHEY PROTEIN CONCENTRATE [MILK], WHEY PROTEIN ISOLATE [MILK], WHEY PROTEIN HYDROLYSATE [MILK]), MALTODEXTRIN, NON DAIRY CREAMER (SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE [A MILK DERIVATIVE], MONO- AND DIGLYCERIDES, TOCOPHEROLS), NATURAL AND ARTIFICIAL FLAVORS, POTASSIUM CHLORIDE, SOLUBLE CORN FIBER, MEDIUM CHAIN TRIGLYCERIDES, CANOLA OIL, MAGNESIUM OXIDE, ACESULFAME POTASSIUM, POTASSIUM BICARBONATE, SUCRALOSE, LACTOFERRIN [MILK].

PRODUCED FOR CYTOSPORT, INC. WALNUT CREEK, CA 94597
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CONSUMER INFORMATION CALL 1-888-298-6629 OR VISIT MUSCLEMILK.COM

BENEFITS**

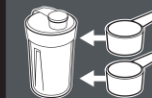


USAGE



DIRECTIONS & USE

Mix 2 scoops (82g)
into 10-16 fl-oz water



Directions & Use: MUSCLE MILK PRO SERIES® Protein Powder can be used either before or after workouts, for a snack, or prior to bedtime. Mix 2 scoops (82g) MUSCLE MILK PRO SERIES® Protein Powder into 10-16 fluid-ounces water for a great tasting supplement.

You can also supplement your pancakes, smoothies or other recipes to increase the protein content by adding MUSCLE MILK PRO SERIES® Protein Powder

**MUSCLE MILK® products complement sound nutrition and hydration practices that, in conjunction with a smart exercise-training program, may contribute to recovery from exercise, gains in lean muscle mass, and weight management.† Use as part of a well-balanced diet that includes whole foods and other protein sources.

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

†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.



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NOTICE: Use this product as a food supplement only. Do not use for weight reduction.