



SIX STAR
PRO NUTRITION®
★ ★ ★ ★ ★ ★ ★

MUSCLE BUILDING MILK SHAKE

ELITE SERIES

From the Makers of
MUSCLETECH™

Ultimate Lean Muscle Protein

- ★ Test Subjects Gained 4x More Muscle¹
- ★ Enhanced Formula for Better Results

Results based on core ingredient testing. See back for study details.



VANILLA CREAM

NATURAL AND ARTIFICIAL FLAVORS

Supplement Facts

Serving Size: 1 Scoop (62g)
Servings Per Container: Approx. 28

Amount Per Serving	1 Scoop	% Daily Value	2 Scoops	% Daily Value
Calories	140		280	
Calories from Fat	25		50	
Total Fat	3g	5%	6g	10%
Saturated Fat	1g	2%	2g	4%
Trans Fat	0g	0%	0g	0%
Cholesterol	30mg	10%	60mg	20%
Total Carbohydrate	13g	4%	24g	8%
Sugars	3g	1%	6g	2%
Protein	16g	32%	32g	64%
Vitamin A (as vitamin A palmitate)	817 IU	16%	1634 IU	33%
Vitamin C (as ascorbic acid)	10mg	17%	20mg	33%
Vitamin D (as cholecalciferol)	66 IU	17%	132 IU	33%
Vitamin E (as d-alpha-tocopheryl acetate)	5.44 IU	18%	10.9 IU	36%
Vitamin K (as phytonadione)	5mcg	6%	10mcg	13%
Thiamin (as thiamin monohydrate)	0.5mg	33%	1mg	67%
Riboflavin	0.5mg	29%	1mg	58%
Niacin (as niacinamide)	3.5mg	18%	7mg	35%
Vitamin B6 (as pyridoxine hydrochloride)	0.5mg	25%	1mg	50%
Folic acid	66mcg	17%	132mcg	33%
Vitamin B12 (as cyanocobalamin)	1mcg	17%	2mcg	33%
Biotin	52.5mcg	18%	105mcg	35%
Pantoic acid (as calcium D-pantothenate)	1.5mg	15%	3mg	30%
Calcium	80mg	8%	160mg	16%
Iron (as ferric orthophosphate)	4mg	22%	8mg	44%
Iodine (as potassium iodide)	26.5mcg	18%	53mcg	35%
Zinc (as zinc oxide)	2mg	13%	4mg	27%
Selenium (as selenomethionine)	5mcg	7%	10mcg	14%
Chromium (as chromium chloride)	52mcg	43%	104mcg	87%
Sodium	70mg	3%	140mg	6%

Muscle Building Milk Shake Blend	4.375mg	†	8.750mg	†
Growth Stim™ Performance Blend				
Creatine monohydrate	†		†	
Taurine	†		†	
L-leucine	†		†	
L-isoleucine	†		†	
L-valine	†		†	
L-threonine	†		†	
Specialty Amino Blend				
Glycine	†		†	
L-glutamine	†		†	
L-arginine	†		†	
Digestive Enzymes				
Pepsin	†		†	
Amylase	†		†	

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

Other Ingredients: Premium Protein Blend (Whey Protein Concentrate, Milk Protein Isolate, Whey Protein Isolate, Calcium Caseinate, Partially Hydrolyzed Whey Protein Concentrate, Maltodextrin, Sunflower-Based Nutritional Supplement (Sunflower Oil, Corn Syrup Solids, Sodium Caseinate, Mono- and Diglycerides, Dipotassium Phosphate, Tricalcium Phosphate, Soy Lecithin [emulsifier], Tocopherols [preservatives], Natural and Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Acesulfame-Potassium, Salt, Soy Lecithin, Dicalcium Phosphate, Calcium Carbonate, Magnesium Oxide. CONTAINS SOY AND MILK INGREDIENTS. PROCESSED IN A FACILITY THAT CONTAINS WHEAT, EGG, AND PEANUT INGREDIENTS.

Directions: Take 2 scoops (2 servings) with 8 to 12 oz. of cold water or milk 2 times daily at any time of the day. Six Star® Muscle Building Milk Shake can be taken before workouts, after workouts, or between meals. Do not exceed 4 scoops in a 24-hour period. Read the entire label before use and follow directions provided. Consume 10 glasses of water daily for good health.

Note: To maintain product freshness, store in a cool, dry place (60°F to 80°F). This product is sold by weight, so some settling may occur. Shake container before use. Do not use if packaging has been tampered with.

WARNING: Not intended for use by persons under 18. Do not use if pregnant or nursing. Discontinue use and consult a medical doctor if you experience unusual symptoms. Do not use if you have had a myocardial infarction (heart attack). Inhalation may amplify the inflammatory airway response in people with asthma. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. In case of accidental overdose, call a medical doctor or poison control immediately. Take a few hours before or after other medications. Consult a medical doctor before use if you have been treated for or diagnosed with, or have a family history of any medical condition, or if you are using any prescription or over-the-counter drugs, including blood thinners. Consult a medical doctor before starting any diet or exercise program. Do not exceed recommended serving. Improper use of this product will not improve results and is not advised. Use only as directed. Do not refrigerate. **KEEP OUT OF REACH OF CHILDREN.**

*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.

Six Star® Muscle Building Milk Shake is manufactured according to cGMP standards, as is required for all dietary supplements.

www.SixStarPro.com

†MuscleTech® is America's #1 selling body building supplement brand based on cumulative wholesale dollar sales 2006 to present.

Made in the U.S.A. from domestic and international ingredients. Protected by U.S. patents #6,136,339, #7,795,204, #6,620,425 and #6,326,513. Distributed by Iovate Health Sciences U.S.A. Inc. 1105 North Market Street, Suite 1330, Wilmington, DE 19801. © 2013.

For lot no. and expiry date: see bottle.

EU Plant No. 3003107574
8569US 0313



www.SixStarPro.com
Varnish & Ink Free

Why Six Star® Muscle Building Milk Shake Is the Smarter Choice

Six Star® Muscle Building Milk Shake is from the makers of MuscleTech®, America's #1 selling body building supplement brand, so you can expect it to deliver the best formula, best taste and best results. Unlike the other guys, its primary protein source is ultra-premium whey protein, which absorbs better than other types of protein. Plus, it's enhanced with a clinically proven ingredient the other guys don't have. And even though Six Star® Muscle Building Milk Shake is lower in fat and calories, it still delivers the best taste! Plus, with 19 vitamins and minerals in each 2-scoop serving, it's got the nutrients you're looking for in an ultra-premium protein formula!

Who Is Six Star® Muscle Building Milk Shake For?

- ★ Active Men & Women
- ★ Body Builders
- ★ Endurance Athletes
- ★ Strength Trainers

What Are the Benefits of Muscle Building Milk Shake?

- ★ Our best-tasting milk shake formula ever!
- ★ Lower in fat than the other guys
- ★ Zero trans fat and aspartame
- ★ Microfiltered protein sources to reduce fat, lactose and impurities for superior quality
- ★ Delivers over 4g of BCAAs, glutamine and glutamine precursors
- ★ Boosts strength for better workouts
- ★ Enhances performance
- ★ Helps you recover after workouts

Test Subjects Gained 4 Times More Muscle

¹ In a third-party, 12-week study with 22 untrained test subjects divided into three groups and conducted at an American university, subjects taking a key ingredient in Six Star® Muscle Building Milk Shake, along with a weight-training program, gained 4 times more muscle than subjects using a placebo (7.12 lbs. vs. 1.30 lbs.). This same muscle builder has also been shown in studies to boost strength and performance.▲

Smart Carbohydrates That Fuel Your Muscles

Six Star® Muscle Building Milk Shake is formulated with a specialized, long-chain, complex carb that converts to glucose, your body's primary energy source during high-intensity training. It's also great post-workout to help replenish glycogen (an important carbohydrate source stored in your muscle) that gets depleted during training.▲

19 Vitamins & Minerals for Your Active Body

Six Star® Muscle Building Milk Shake delivers 19 beneficial vitamins and minerals with every 2-scoop serving for general health support. These include the antioxidants vitamins C & E, vitamins B6 & B12 to support metabolic energy, calcium to help maintain your bones, and zinc, iron and much more to support your hard-working muscles from the gym to the game.▲

How to Make the Perfect Protein Shake:



Tip: Try blending with ice, your favorite fruit, juice or peanut butter.

Other Six Star Pro Nutrition® Supplements:



32g
PROTEIN*

LOWER IN
LACTOSE

19
VITAMINS &
MINERALS*

*Per 2 Scoops

Net Wt. 2 lbs. (907g) DIETARY SUPPLEMENT

Mixes Instantly • Zero Aspartame