



TEAR
HERE

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HERE

Zipper Area

Zipper Area

RESEALABLE
ZIP-PAK® Powder-Proof™
zipper

MUSCLE MILK®
BRAND

GAINER

32G
PROTEIN
PER SERVING


VANILLA CRÈME
NATURALLY & ARTIFICIALLY FLAVORED

HIGH PROTEIN GAINER
POWDER SUPPLEMENT

EVERYDAY GAINS

650
CALORIES
PER SERVING

110G
CARBS
PER SERVING

GLUTEN
FREE

NET WT 10 LBS(4.54Kg)



Supplement Facts

Serving Size 4 scoops (162g)
Servings Per Container About 28

	Amount Per Serving	% DV
Calories	650	
Calories from Fat	80	
Total Fat	9g	14%*
Saturated Fat	3g	15%*
Cholesterol	25mg	8%*
Total Carbohydrate	110g	37%*
Dietary Fiber	5g	20%*
Sugars	5g	**
Protein	32g	64%*
Vitamin A (as Vitamin A Palmitate)	1750 IU	35%
Vitamin C (as Ascorbic Acid)	21mg	35%
Vitamin D (as Cholecalciferol)	140 IU	35%
Vitamin E (as DL-alpha Tocopheryl Acetate)	10.5 IU	35%
Thiamin (as Thiamine Mononitrate)	0.53 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 D-Calcium Pantothenate)	3.5 mg	35%
Calcium	500 mg	50%
Iron (as Ferrous Fumarate)	6.3 mg	35%
Phosphorus	400 mg	40%
Iodine (as Potassium Iodide)	90 mcg	60%
Magnesium (as Magnesium Oxide)	140 mg	35%
Zinc (as Zinc Oxide)	5.3 mg	35%
Copper (as Copper Gluconate)	0.7 mg	35%
Chromium (as Chromium Chloride)	96 mcg	80%
Sodium	200 mg	8%
Potassium	390 mg	11%

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

OTHER INGREDIENTS: MALTODEXTRIN, MILK PROTEIN CONCENTRATE, CALCIUM SODIUM CASEINATE (MILK), NON DAIRY CREAMER (SUNFLOWER OIL, MALTODEXTRIN, SODIUM CASEINATE (A MILK DERIVATIVE), MONO- AND DIGLYCERIDES, TOCOPHEROLS), SOLUBLE CORN FIBER, MEDIUM CHAIN TRIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, WHEY PROTEIN ISOLATE (MILK), CANOLA OIL, POTASSIUM CHLORIDE, INULIN, WHEY PROTEIN CONCENTRATE (MILK), MICELLAR CASEIN (MILK), POTASSIUM BICARBONATE, ACESULFAME POTASSIUM, SOY LECITHIN, SUCRALOSE, WHEY PROTEIN HYDROLYSATE (MILK), CALCIUM PHOSPHATE, LACTOFERRIN (MILK), TAURINE, L-GLUTAMINE, L-CARNITINE.

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

GLUTEN FREE

†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.



WORK OUT. REFUEL.
REBUILD. ADVANCE.

32G
PROTEIN
PER SERVING

HIGH QUALITY PROTEIN:

- Build lean muscles†
- Recover after exercise†

110G
CARBS
PER SERVING

MUSCLE FUELING CARBOHYDRATES:

- Replenish energy stores†

SUITABLE FOR MOST INDIVIDUALS SENSITIVE TO LACTOSE



*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

TYPICAL AMINO ACID
PROFILE FROM
COMPLETE PROTEIN
as found in a 162g serving of MUSCLE MILK® GAINER*

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

DIRECTIONS & USE

Mix 162g (4 scoops)
into 16 fl-oz water



Mix 4 scoops (162g) into 16 ounces of water. This easy-to-mix powder can also be added to supplement shakes, smoothies and favorite recipes.

The optimal timing for a serving of MUSCLE MILK® Gainer is after a workout. This timing is crucial because this is when the body is optimally primed for replenishing fuel stores and building and repairing muscles.†

CytoSport® Inc. 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 healthy 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.

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SERVING SUGGESTION