

SUPPLEMENT FACTS, INGREDIENTS & DIRECTIONS

| Supplement Facts | |
|---|----------------|
| Serving Size 2 scoops (70g) | |
| Servings Per Container 16 | |
| Amount Per Serving | % Daily Value* |
| Calories 300 | |
| Calories from Fat 110 | |
| Total Fat 12 g | 19% |
| Saturated Fat 6 g† | 31% |
| Cholesterol 15 mg | 5% |
| Total Carbohydrate 16 g | 5% |
| Dietary Fiber 5 g | 20% |
| Soluble Fiber 3 g | ** |
| Insoluble Fiber 2 g | ** |
| Sugars 4 g | ** |
| Protein 32 g | 64% |
| Vitamin A (as vitamin A palmitate) 1750 IU | 35% |
| Vitamin C (as ascorbic acid) 21 mg | 35% |
| Vitamin D (as cholecalciferol) 140 IU | 35% |
| Vitamin E (as d-alpha tocopheryl acetate) 11 IU | 35% |
| Thiamin (as thiamin mononitrate) 0.5 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 calcium pantothenate) 4 mg | 35% |
| Calcium (as di-calcium phosphate) 350 mg | 35% |
| Iron (as ferrous fumarate) 6 mg | 35% |
| Phosphorus (as di-calcium phosphate) 450 mg | 45% |
| Iodine (as potassium iodide) 53 mcg | 35% |
| Magnesium (as magnesium oxide) 140 mg | 35% |
| Zinc (as zinc oxide) 5 mg | 35% |
| Copper (as copper gluconate) 0.7 mg | 35% |
| Chromium (as chromium nicotinate) 96 mcg | 80% |
| Sodium 230 mg | 10% |
| Potassium 790 mg | 23% |

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

† 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.

Directions:

Mix two scoops in 10-12 Oz Water. Tastes like a real milk shake! Take Muscle Milk one hour prior to workout.

