



Leading scientists assessing the true 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! The LeanLipids™ used in Muscle Milk® promote fat loss three ways:

- \* Medium Chain Triglycerides (MCTs), the pre-digested “fast burning fats,” are more likely burned for muscle energy and heat than stored as fat. 20% of Muscle Milk lipids are MCTs.

- \* Long-chain polyunsaturated fatty acids are also less likely to be stored as fat. Special enzyme engineering makes 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.

