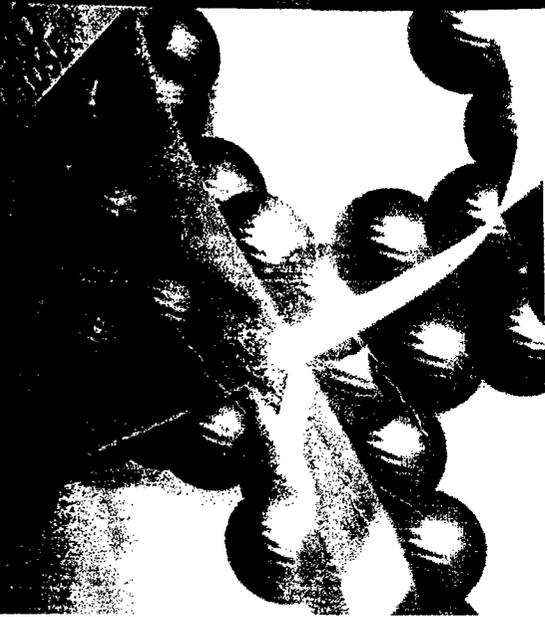


AMINO ACIDS **CYTOSPORT** **BUILD**

MUSCLE MASS

NATURE'S ULTIMATE LEAN MUSCLE



- MICELLAR PROTEIN
STIMULATE MUSCLE GROWTH
- LEANLIPIDS™
"DESIGNER" FATS PROTECT
- GROWTH PEPTIDES
BOOST NITROGEN BALANCE
- COMPLETE 0-100%
PEPTIDES and
TRIGGER NEW GROWTH
- LACTOFERRIN
INCREASE OXYGEN DELIVERY
- GLYCOCYAMINE
SUPPORT NATURAL CATABOLISM

VANILLA CREAM
NET WT. 4.96 lbs (2250g)

47

Nutrient Facts
2 scoops (75g)
per container (30)

	per 2 cups in Water	per 2 cups low fat milk
Total Fat	350	640
Total Protein	180	250
% Daily Values*		
Total Fat	28%	43%
Total Protein	48%	70%
Total Carbohydrate	2%	2%
Total Fiber	8%	20%
Total Sugar	17%	37%
Total Fat	12%	14%
Total Protein	0%	0%
Total Fat	64%	78%
Total Protein	33%	52%
Total Carbohydrate	2%	45%
Total Fiber	33%	85%
Total Sugar	33%	33%
Total Fat	48%	48%
Total Protein	96%	33%
Total Carbohydrate	33%	45%
Total Fiber	33%	33%
Total Sugar	100%	33%
Total Fat	33%	85%
Total Protein	33%	52%
Total Carbohydrate	46%	46%
Total Fiber	33%	33%
Total Sugar	83%	83%

INGREDIENTS

EVOPRO™ (MICELLAR ALPHA AND BETA CASEINS AND CASEINATES, WHEY CONCENTRATES RICH IN ALPHA-LACTALBUMIN, WHEY ISOLATES, WHEY PEPTIDES, COLOSTRUM EXTRACT, L-GLUTAMINE, TAURINE, LACTOFERRIN), LEANLIPIDS™ (TRANS FAT FREE LIPID COMPLEX CONSISTING OF CANOLA OIL, SUNFLOWER AND/OR SAFFLOWER OIL, MCT'S, L-CARNITINE), FRUCTOSE, MALTODEXTRIN, CYTOVITE 1™ (VITAMIN AND MINERAL PREMIX CONSISTING OF VITAMIN A ACETATE, CHOLECALCIFEROL, D-ALPHA-TOCOPHEROL ACETATE, ASCORBIC ACID, FOLATE, THIAMINE MONONITRATE, RIBOFLAVIN, NIACINAMIDE, PYRIDOXINE HCL, CYANOCOBALAMIN, BIOTIN, PANTOTHENIC ACID, DI-CALCIUM PHOSPHATE, POTASSIUM IODIDE, POTASSIUM CHLORIDE, FERROUS FUMERATE, MAGNESIUM OXIDE, COPPER GLUCONATE, ZINC OXIDE, CHROMIUM NICOTINATE), GCC (PROPRIETARY ENDOGENOUS CREATINE PRECURSOR CONSISTING OF GLYCOCYAMINE, BETAINE ANHYDROUS), NATURAL AND ARTIFICIAL FLAVORS, ACESULFAME POTASSIUM, SUCRALOSE, SOY LECTHIN.

ALLERGEN STATEMENT: THIS PRODUCT CONTAINS INGREDIENTS DERIVED FROM MILK AND SOY.

REFERENCES: 1) O'M, A. et al: Effects Bovine Colostrum Supplement on Testosterone IGF-1, IGF Hormone and Salivary IGA During Training. *J Appl Physiol*, 83(4): 1144-1151, 1997. 2) Berman, J. et al: Military Exercise and Monounsaturated Canola Oil. *Am J Clin Nutr*, 31: 134-138, 1980. 3) Gibson, R. et al: Fatty acid composition of human colostrum and mature breast milk. *Am J Clin Nutr*, 1: 252-257, 1972. 4) Jansson, L., Åkesson, B., Holmberg, L., Nilsson, L. and fatty acid composition of human milk. *Am J Clin Nutr*, 1981;34:8-13. 5) Widdowson, E.M. Absorption of protein, fat, nitrogen, and minerals from "labeled" milk by the newborn infant. *Lancet*, 1965;ii:1056-1058. 6) Berman, J., Meyer, B.J., Weaber, J.R., Bennett, F.W. et al: Nutritional distribution on the absorption of the essential amino acids in human milk and infant formula. *J Nutr*, 1988;97: 100-107. 7) Williams, M.L., Rose, C.S., Morrow, G., Sloan, S.E., et al: Protein and fat absorption in neonatal period. *Am J Clin Nutr*, 1973;23: 1322-30. 8) Innis, S.M., Dyer, R.D., et al: Absorption of palmitic acid is absorbed as acylglycerols in human milk and infant formula with rearranged sn-2 and 3 positions. *Am J Clin Nutr*, 1995;61: 125-130. 9) Innis, S.M., Dyer, R.D., et al: Increased plasma triglyceride sn-2 and 3 positions in piglets. *J Nutr*, 1995;125: 125-130. 10) P. Commentary: The Role of Formula Feeding in the Development of Obesity. *Am J Clin Nutr*, 1977; 10: 100-101. 11) Innis, S.M., et al: The Malabsorption of the Preterm Infant. *Am J Clin Nutr*, 1977; 10: 100-101. 12) Innis, S.M., et al: Malabsorption of the Preterm Infant. *J Pediatr*, 86: pg. 446-450, 1975.

DIRECTIONS

Mix two scoops in 10-12 fl-oz. water. Want even more satisfaction? Mix with low-fat milk. Tastes like a real milk shake. Honest!

BEFORE & DURING WORKOUTS

Take MUSCLE MILK one hour prior to workout. For a truly awesome workout, take FAST TWITCH™ Power Workout Drink Mix before and during your workout.

AFTER WORKOUTS

Take MUSCLE MILK within one hour of completing your workout. After workouts, the body is in a catabolic state. MUSCLE MILK helps reverse this muscle breakdown by providing the necessary nutrients for muscle synthesis.

PRIOR TO BEDTIME

Sleep is actually a catabolic period. Remember, breakfast means to "break your fast." During any fast, you breakdown precious muscle tissue for energy. MUSCLE MILK will help you wake up more anabolic.

For information on CytoSport quality products, Call 1-888-CYTOMAX (298-6629) or Email productquestions@cytosport.com CytoSport, Benicia, CA 94510 www.cytosport.com

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PAGE 2 OF 10 PAGES.

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MUSCLE MILK HELPS YOU GROW MUSCLE LIKE NEVER BEFORE, EVEN FOR THE HARDEST GAINERS!

While human milk is the quintessential growth promoter, we found ways to improve on it for even greater muscle synthesis. For example, we reduced lactose and fat, while discovering a way to recreate the lean-promoting lipids in human milk. Plus, we add a breakthrough that enables you to make more of your own creatine.

MUSCLE MILK triggers new levels of muscular growth in 3 ways other products can't:

1) GLYCOCYAMINE (GCC)— HELP SUPPORT YOUR BODY'S NATURAL CREATINE PRODUCTION

We discovered a revolutionary method to increase your body's own production of muscle-energy-critical creatine. These creatine factors help your body to produce optimum creatine levels. And GCC scavenges toxic homocysteine, an enemy of muscle growth.

2) EVOPRO™— NATURE'S ULTIMATE ANABOLIC PROTEIN-AMINO BLEND

Human milk is composed of unique and highly complex proteins, peptides and amino acids, which promote rapid muscle tissue growth. EvoPro includes these alpha and beta micellar caseins, alpha-lactalbumin, lactoferrin, L-glutamine and more. Nature created this precise mix to stimulate muscle growth to higher levels, and EvoPro is the ultimate nitrogen delivery source.

3) LEANLIPIDS™— "GOOD FATS" THAT HELP YOU GET LEANER

Human milk contains custom fat structures that actually promote leanness, while retaining more energy in the body. This promotes thermogenesis, reserving the protein and amino acids for muscle growth. Custom fats even help retain minerals critical to muscle contraction. For serious athletes, LEANLIPIDS are a great source of these custom fats.

0g TRANS FATTY ACIDS

MU NATURE'S

0g LACTOSE



49

LEANLIPIDS™ BURN FAT... INSTEAD OF STORING IT!

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 3 ways:

▼ Medium Chain Triglycerides (MCTs), the predigested "fast burning fats", are more likely burned for muscle energy and heat than stored as fat. 20% of human milk and **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.

So while **MUSCLE MILK** may contain slightly more fat than low-fat high-carb products, our LEANLIPIDS are designed to help you get leaner.

WORLD'S FIRST EVOLUTIONARY MUSCLE BUILDER

MUSCLE MILK helps grow muscle faster than gainers, whey or even creatine. This increased muscle growth is possible because **MUSCLE MILK** is the first product patterned after Nature's ultimate anabolic food— human mother's milk.

Locked within the composition of human mother's milk are long-held secrets to muscle growth potential. After years of study, we've unlocked these secrets! We then took the next step and actually duplicated these important muscle growth factors into **MUSCLE MILK**.

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.

PAGE 5 OF 10 PAGES.

49

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41

Nutrition Facts

(75g)
Serving Size 1 Scoop
Servings Per Container 30

Total Fat	2 cups	840
Total Milk	1 cup	250

% Daily Values*

Total Fat	43%	43%
Total Milk	49%	70%
Protein	2%	2%
Carbohydrate	6%	20%
Fiber	17%	37%
Sugar	8%	14%
Sodium	0%	0%

Calcium	84%	78%
Iron	52%	
Vitamin A	45%	
Vitamin B12	85%	
Vitamin C	33%	
Vitamin D	43%	
Vitamin E	33%	
Vitamin K	62%	
Thiamine	33%	
Riboflavin	45%	
Niacin	100%	
Pantoic acid	33%	
Biotin	85%	
Folate	33%	
Choline	52%	
Inositol	49%	
Phosphorus	33%	
Potassium	83%	

INGREDIENTS

EYOPRO™ (MICELLAR ALPHA AND BETA CASEINS AND CASEINATES, WHEY CONCENTRATES RICH IN ALPHA-LACTALBUMIN, WHEY ISOLATES, WHEY PEPTIDES, COLOSTRUM EXTRACT, L-GLUTAMINE, TAURINE, LACTOFERRIN), LEANLIPIDS™ (TRANS FAT FREE LIPID COMPLEX CONSISTING OF CANOLA OIL, SUNFLOWER AND/OR SAFFLOWER OIL, MCT'S, L-CARNITINE), FRUCTOSE, MALTODEXTRIN, CYTOVITE™ (VITAMIN AND MINERAL PREMIX CONSISTING OF VITAMIN A ACETATE, CHOLECALCIFEROL, D-ALPHA-TOCOPHEROL ACETATE, ASCORBIC ACID, FOLATE, THIAMINE MONONITRATE, RIBOFLAVIN, NIACINAMIDE, PYRIDOXINE HCL, CYANOCOBALAMIN, BIOTIN, PANTOTHENIC ACID, DI-CALCIUM PHOSPHATE, POTASSIUM IODIDE, POTASSIUM CHLORIDE, FERROUS FLUMERATE, MAGNESIUM OXIDE, COPPER GLUCONATE, ZINC OXIDE, CHROMIUM NICOTINATE), GCC (PROPRIETARY ENDOGENOUS CREATINE PRECURSOR CONSISTING OF GLYCOCYAMINE, BETAINE ANHYDROUS), NATURAL AND ARTIFICIAL FLAVORS, ACESULFAME POTASSIUM, SUCRALOSE, SOY LECITHIN.

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Sleep is actually a catabolic period. Remember, breakfast means to "break your fast." During any fast, you breakdown precious muscle tissue for energy. MUSCLE MILK will help you wake up more anabolic.

For information on CytoSport quality products, Call 1-888-CYTO MAX (298-6629) or Email productquestions@cytosport.com CytoSport, Benicia, CA 94510 www.cytosport.com

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AT!
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WALA!

Supplement Facts
Serving Size 2 scoops (75g)
Servings Per Container 30

	2 cups in Water		low fat milk	
Calories	350	640		
Calories from Fat	160	250		
Amount Per Serving	% Daily Values*			
Total Fat 18g	28%	43%		
Saturated Fat 8g ¹	40%	70%		
Cholesterol 5mg	2%	2%		
Sodium 200mg	8%	20%		
Potassium 600mg	17%	37%		
Total Carbohydrate 12g	4%	14%		
Dietary Fiber 0g	0%	0%		
Sugars 6g				
Protein 32g	64%	78%		
Vitamin A	33%	52%		
Vitamin C	33%	45%		
Vitamin D	33%	85%		
Vitamin E	33%	33%		
Thiamine	33%	48%		
Riboflavin	33%	95%		
Niacin	33%	33%		
Vitamin B ⁶	33%	45%		
Folic Acid	33%	33%		
Vitamin B ¹²	33%	62%		
Biotin	33%	33%		
Pantothenic Acid	33%	45%		
Calcium	33%	100%		
Iron	33%	33%		
Phosphorus	33%	85%		
Iodine	33%	33%		
Magnesium	33%	52%		
Zinc	33%	46%		
Copper	33%	33%		
Chromium 100mcg	83%	83%		

* Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
¹ 80% of saturated fats are in the form of medium chain-triacylglycerols (MCTs). MCTs are easily digested, burned as energy and show little or no propensity for storage as body fat or as a contributor to arteriosclerosis.

INGREDIENTS

EVOPRO™ (MICELLAR ALPHA AND BETA CASEINS AND CASEINATES, WHEY CONCENTRATES RICH IN ALPHA-LACTALBUMIN, WHEY ISOLATES, WHEY PEPTIDES, COLOSTRUM EXTRACT, L-GLUTAMINE, TAURINE, LACTOFERRIN), LEANLIPIDS™ (TRANS FAT FREE LIPID COMPLEX CONSISTING OF CANOLA OIL, SUNFLOWER AND/OR SAFFLOWER OIL, MCT'S, L-CARNITINE), FRUCTOSE, MALTODEXTRIN, CYTOVITE™ (VITAMIN AND MINERAL PREMIX CONSISTING OF VITAMIN A ACETATE, CHOLECALCIFEROL, D-ALPHA-TOCOPHEROL ACETATE, ASCORBIC ACID, FOLATE, THIAMINE MONONITRATE, RIBOFLAVIN, NIACINAMIDE, PYRIDOXINE HCL, CYANOCOBALAMIN, BIOTIN, PANTOTHENIC ACID, DI-CALCIUM PHOSPHATE, POTASSIUM IODIDE, POTASSIUM CHLORIDE, FERROUS FUMERATE, MAGNESIUM OXIDE, COPPER GLUCONATE, ZINC OXIDE, CHROMIUM NICOTINATE), GCC (PROPRIETARY ENDOGENOUS CREATINE PRECURSOR CONSISTING OF GLYCOCYAMINE, BETAINE ANHYDROUS), NATURAL AND ARTIFICIAL FLAVORS, ACESULFAME POTASSIUM, SUCRALOSE, SOY LECITHIN.

ALLERGEN STATEMENT: THIS PRODUCT CONTAINS INGREDIENTS DERIVED FROM MILK AND SOY.

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DIRECTIONS

Mix two scoops with low fat milk shake. **BEFORE & DURING:** Take MUSCLE MIX before workout. For best results, take FAST TWICE a day. Drink Mix before workout. **AFTER WORKOUT:** Take MUSCLE MIX after completing your workout, the body is in a state. MUSCLE MIX provides this muscle with the necessary nutrients for synthesis. **PRIOR TO BED:** Sleep is actually a workout. Remember to "break your fast" for energy. MUSCLE MIX you wake up next morning.

For more information
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