

MAGIC MILK – MILK CHOCOLATE

Serving Size 2 Scoops (75g)

Servings per Container 15

Amount Per Serving	With Water	2 cups 2% Low Fat Milk
Calories	350	640
Calories from fat	160	250
	% Daily Value*	
Total Fat 18g	28%	43%
Saturated Fat 8g**	40%	70%
Cholesterol 3mg	1%	1%
Sodium 200mg	8%	20%
Total Carbohydrate 12g	4%	14%
Dietary Fiber 2g	8%	8%
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 B6	33%	45%
Folic Acid	33%	33%
Vitamin B12	33%	62%
Biotin	33%	33%
Pantothenic Acid	33%	45%
Calcium	43%	110%
Iron	33%	33%
Phosphorus	33%	85%
Iodine	33%	33%
Magnesium	33%	52%
Zinc	33%	46%
Copper	33%	33%
Chromium	83%	83%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**80% of the saturated fats in this product are in the form of Medium Chain Triglycerides (MCT's). MCT's are typically burned as energy (and not stored as fat in the body), acting more like carbohydrates than fats.

Ingredients:

Micellpro™ custom scientifically formulated protein, peptide, and amino acid matrix (Micellar Alpha and Beta Caseins and Caseinates, Whey Protein Concentrates Rich in Alpha Lactalbumin, Whey Isolates, Whey Peptides, Colostrum Extract, N-Acetyl L-Glutamine, N-Acetyl L-Taurine, Lactoferrin). LipidEdge™ ((CLA) Conjugated Linoleic Acid, Sunflower Oil, Safflower Oil, Canola Oil, Long Chain Vegetable Oils, Medium Chain Triglyceride, L-Carnitine), Maltodextrin, Cocoa, Fructose, UltiVite™ (Vitamin and mineral premix consisting of vitamin a acetate, cholecalciferol, d-alpha tocopherol acetate, ascorbic acid, folate, thiamine mononitrate, riboflavin, niacinamide, pyridoxine hydrochloride, cyanocobalamin, biotin, D-Calcium Pantothenate, dicalcium phosphate, potassium iodide, potassium chloride, ferrous fumarate, magnesium oxide, copper gluconate, zinc oxide, chromium nicotinate) cp2™ creatine precursor matrix consisting of (Betaine Anhydrous, Glycocyamine (4:1)) Natural and artificial flavors, Acesulfame Potassium, sucralose, and soy lecithin.

DIRECTIONS:

Mix two scoops (75g) in 10-12 fl ounces of cold water. To get an even richer milkshake-like taste mix with low fat milk. Magic Milk is your ideal anabolic, anti-catabolic shake anytime of day.

BEFORE & DURING WORKOUTS: Take Magic Milk one hour before your workout to provide your body the anabolic fuel it craves. For best results take Glycoscience™ Workout Drink before and during your workout.

AFTER WORKOUTS: Take Magic Milk within one hour after completion of your workout to stop your body from entering into a catabolic state and to stop your muscles from breaking down. Magic Milk helps fuel your recovery by providing your muscles the necessary vitamins, minerals, and aminos for synthesis.

BEFORE BEDTIME: Sleep is when your body often falls into a catabolic state. Taking Magic Milk before bed can help prevent your muscles from breaking down and even aiding in muscle repair and growth. Remember sleep is your optimal time for recovery. You can only recover if you supply your body with the proper recovery fuel, Magic Milk!