

**Basic Report 14036, Beverages, CYTOSPORT, Muscle Milk, ready-to-drink**

Report Date: January 25, 2015 09:16 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	14.0 fl oz 414g
<b>Proximates</b>			
Water	g	88.80	367.63
Energy	kcal	49	203
Protein	g	5.87	24.30
Total lipid (fat)	g	2.01	8.32
Carbohydrate, by difference	g	2.06	8.53
Fiber, total dietary	g	0.2	0.8
Sugars, total	g	0.78	3.23
<b>Minerals</b>			
Calcium, Ca	mg	69	286
Iron, Fe	mg	1.30	5.38
Magnesium, Mg	mg	20	83
Phosphorus, P	mg	101	418
Potassium, K	mg	198	820
Sodium, Na	mg	95	393
Zinc, Zn	mg	1.05	4.35
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	27.6	114.3
Thiamin	mg	0.133	0.551
Riboflavin	mg	0.139	0.575
Niacin	mg	1.416	5.862
Vitamin B-6	mg	0.224	0.927
Folate, DFE	µg	56	232
Vitamin B-12	µg	0.69	2.86
Vitamin A, RAE	µg	88	364
Vitamin A, IU	IU	365	1511
Vitamin E (alpha-tocopherol)	mg	0.83	3.44

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Vitamin D (D2 + D3)	µg	0.7	2.9
Vitamin D	IU	28	116
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	0.221	0.915
Fatty acids, total monounsaturated	g	0.884	3.660
Fatty acids, total polyunsaturated	g	0.221	0.915
Cholesterol	mg	2	8
<b>Other</b>			
Caffeine	mg	0	0