## THE ULTIMATE ANABOLIC MTOR ACTIVATION FORMULA

Science confirms what athletes have always known: high quality protein intake is linked to muscle size and strength.

MONSTER MILK™ is designed to help you build bigger, stronger muscles while staying lean.\*\*

### 50% MORE LEUCINE

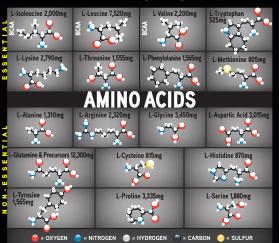
MONSTER MILK incorporates L-Leucine and PepForm to drive an industry leading 3:1:1 Ratio of BCAA's



Recent university research shows that Leucine enriched beverages consumed with exercise synergistically activate and prolong activity of mTOR signaling pathway, which increases muscle anabolic potential (muscle growth).\*\*1,2,3

<sup>†</sup> Monster Milk has 50% more Leucine (per gram protein) than typical protein powders.

#### TYPICAL AMINO ACID PROFILE per 2 scoops 78g (50g Protein)





CREATINE MONOHYDRATE FOR EXPLOSIVE MUSCLE POWER\*

TO ENHANCE MUSCLE TISSUE

TO HELP IMPROVE STRENGTH

DIGESTIVE ENZYME COMPLEX FOR **EFFICIENT PROTEIN DIGESTION** AND UTILIZATION\*\*

CARBOHYDRATES TRIGGER INSULIN PRODUCTION WHICH IN TURN HELPS DRIVE AMINO ACID UPTAKE AND UTILIZATION BY MUSCLE TISSUES\*\*

Since we founded CytoSport™ in 1998, we've been dedicated to working with sports scientists, coaches and trainers to redefine protein enhanced products for active lifestyles and serious athletes — supporting performance when it matters.

Over the years, we've expanded to create a comprehensive line that encompasses the athletic experience from preparation, to hydration, to recovery. Our products are among the very few that are manufactured in a NSF International GMP for Sport™ Registered facility. Our facilities are also inspected and regulated by the FDA. We carefully manufacture our powder products and ready-to-drink preblends onsite at our corporate campus in Benicia, California.

Making efficacious products for athletes and active lifestyle individuals requires responsibility on all fronts. As our business has grown, so has our footprint. We have made environmental sustainability a focus and driver in everyday decision making. For more, please visit our website.

Through it all. CytoSport has been committed to one thing, building athletes from the inside out.



ULTRA-POWERFUL MONSTER MUSCLE FORMULA

TASTE SATISFACTION GUARANTEED



PROTEIN SUPPLEMENT

EUCINE PEPTIDES reapure CREATINE MONOHYDRATE

PRE

POST

NUTRITION HIGHLIGHTS

CREATINE ISOI FUCINE L-VALINE

# Supplement Facts

Amount Per Serving % Daily Value\*

Serving Size 78g (approx 2 scoops) Servings Per Container approx 12

Calories 320 Calories from Fat Total Fat Saturated Fat 10% Trans Fat Cholesterol 40ma 13% Total Carbohydrate 14a 5% 20% Dietary Fiber Sugars Protein 100% 50a hiamin (as thiamine mononitrate) 2mg 100% Riboflavin 100% 2ma Niacin (as niacinamide) 20ma Vitamin B6 4mg 200% (as pyrodoxine hydrochloride) Folate (as folic acid) 100% 400mca Vitamin B12 30mca 500% (as cvanocobalamin) 50% Phosphorus 500ma 500mg Calcium 50% Chromium 120mcg 100% (as chromium nicotinate) Sodium 160ma 500ma 14% Potassium \_-Glutamine \*\* -Leucine \*\* Leucine Peptides (PepForm™) Creatine Monohydrate (Creapure®) Betaine Anhydrous Aminogen® (digestive enzymes) 250mg

Percent Daily Values are based on a 2,000 calorie diet. Your daily alues may be higher or lower depending on your calorie needs. \*Percent Daily Value not established.

OTHER INGREDIENTS MONSTER MILK SUSTAINED RELEASE PROTEIN BLEND (MILK PROTEIN CONCENTRATE AND/OR ISOLATE. MICELLAR CASEIN CALCIUM AND SODIUM CASEINATE), MONSTER MILK RAPID RELEASE PROTEIN BLEND (WHEY PROTEIN HYDROLYSATE, WHEY PROTEIN CONCEN-TRATE. WHEY PROTEIN ISOLATE, LACTOFERRIN), LEAN LIPIDS (SUNFLOWER OIL, CANOLA OIL, MEDIUM CHAIN TRIGLYCERIDES), NATURAL AND ARTIFI-CIAL FLAVOR, SOLUBLE CORN FIBER, MALTODEXTRIN, FRUCTO-OLIGOSAC CHARIDES. POTASSIUM CHLORIDE. ACESULFAME POTASSIUM. XANTHAN GUM, GUAR GUM, SUCRALOSE, STEVIA (REBIANA), SOY LECITHIN.

CONTAINS INGREDIENTS DERIVED FROM MILK AND SOY.
THIS PRODUCT IS MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY,

- † Amino acid totals include amino acids from complete proteins.
- 1) Dreyer et al. Am J Physiol Endrocrinol Metab 294:E392-E400 (2008) 2) Fujita et al. J Phuysiologuy 582(2):813-23 (2007) 3) Koopman et al. Am J Physiol Endocrinol Metab 288:E645-53 (2005)

#### DIRECTIONS and USE

MONSTER MILK can be used before workouts, after workouts, or prior to bed-



time. Individual nutritional requirements vary depending on gender, body weight, level of activity and exercise/training intensity

CytoSport™ products complement a healthful eating and hydration plan that, when combined with a balanced exercise program, may contribute to healthy weight management and recovery from exercise. Use as part of a well-balanced diet that includes

whole foods and other protein sources

Do not use this product as your sole source of nutrition.

PepForm™ is a Trademark of Glanbia PLC Creapure® is a licensed registered trademark of AlzChem Trostberg GmbH Aminogen® is a registered Trademark of Triarco Industries

\*Our products are manufactured in compliance with NSF International's GMP for Sport™ Registration, including semi-annual audits, verifying that no NSF 306-Certification Guideline Annex A List banned substances exist in our facility.

\*\*These statements have not been evaluated by the food and drug administration.

This product is not intended to treat, cure, prevent or diagnose any disease. L-79040 - REV05.04/11





For Information on CytoSport Quality Products or to report adverse effects Call 1-888-298-6629 or email productauestions@cvtosport.com Manufactured by CytoSport, Benicia, CA 94510

www.cytosport.com



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