

Supplement Facts		
Serving size 1 packet (84g)		
Amount Per Serving		
Calories	350	Calories from Fat 80
		% Daily Value*
Total Fat	9g	14%
Saturated Fat	3g	16%
Cholesterol	30mg	10%
Total Carbohydrate	18g	6%
Dietary Fiber	5g	20%
Soluble Fiber	4g	**
Insoluble Fiber	1g	**
Sugars	4g	**
Protein	50g	100%
Thiamin	2mg (as thiamin mononitrate)	100%
Riboflavin	2mg	100%
Vitamin B6	4mg (as pyridoxine hydrochloride)	200%
Folate	400mcg (as folic acid)	100%
Vitamin B12	30mcg (as cyanocobalamin)	500%
Calcium	250mg	25%
Chromium	120mcg (as chromium nicotinate)	100%
Sodium	370mg	16%
Potassium	810mg	23%
MONSTER AMINO ACID MATRIX™ 5g L-Glutamine, glutamine peptides (hydrolyzed wheat gluten), L-Valine, L-Leucine, L-Isoleucine.		
MONSTER CREATINE 1g Kre-Alkalyn (buffered creatine, Patent #6,399,661).		
* Percent Daily Values are based on a 2,000 calorie diet. ** Daily Value not established.		



Aminogen is a registered trademark
of Triarco Industries



MADE IN USA

*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.

79021-rev1.11/08

INGREDIENTS

PROPRIETARY PROTEIN BLEND (MILK PROTEIN ISOLATE, WHEY
PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, CALCIUM SODI-
UM CASEINATE, L-GLUTAMINE, GLUTAMINE PEPTIDES, LACTOFER-
RIN, L-VALINE, L-LEUCINE, L-ISOLEUCINE), LEANLIPIDS™ PLUS
(SUNFLOWER AND/OR SAFFLOWER OIL, MEDIUM CHAIN TRIGLYC-
ERIDES, CANOLA OIL, CONJUGATED LINOLEIC ACID (CLA)), COCOA
POWDER, MALTODEXTRIN, DIGESTIVE RESISTANT MALTODEXTRIN
(SOLUBLE DIETARY FIBER), FRUCTOSE, NATURAL AND ARTIFICIAL
FLAVORS, MONSTER CREATINE (KRE-ALKALINE (BUFFERED CREA-
TINE, PATENT #6,399,661)), FRUCTO-OLIGOSACCHARIDE, POTASSI-
UM CHLORIDE, GUM BLEND (XANTHAN, CELLULOSE, CAR-
RAGEENAN), AMINOGEN® (PATENTED BIOACTIVE POLYPEPTIDE
ENZYME SYSTEM), SALT, ACESULFAME POTASSIUM, SUCRALOSE,
SOY LECITHIN.

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

This product is manufactured in a facility that processes milk, soy, wheat and eggs.

DIRECTIONS

Take **MONSTER MILK** anytime you would take in a shake or
gainer, but want a better tasting, more anabolic formula. Mix 1
packet in 18-20 fl. oz. water. Want even more satisfaction? Mix
with low-fat milk. Tastes like a *real* milk shake. Honest!

BEFORE WORKOUTS

For a truly **awesome** weight workout, take **FAST TWITCH™** and
MONSTER MILK 45-60 minutes before your workout.

AFTER WORKOUTS

15-30 minutes after workouts the body's growth window is open.

MONSTER MILK provides peptides and free aminos in amounts
never before possible.

PRIOR TO BEDTIME

Sleep is actually a catabolic period. Take **MONSTER MILK** before
bed to wake up more anabolic.

CYTOSCIENCE™

Intense exercise causes a dramatic rise in free radicals
and a simultaneous depletion of the amino acid pool, par-
ticularly L-glutamine. These events cause inflammation,
damage to muscle tissue, protein catabolism, and fatigue.
Lactoferrin helps your body fight free radical damage,
while the rich, extended amino acid pool concentration,
supported by caseinates and an abundance of L-gluta-
mine, assure the availability of these nutrients critical to
muscle tissue repair and recovery.

For information on CytoSport quality products,

Call 1-888-CYTOMAX (298-6629)

CytoSport, Benicia, CA 94510

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NET WT.
84g

Naturally and Artificially Flavored
CHOCOLATE
PROTEIN SUPPLEMENT

- 22.5g EAA's (Essential Amino Acids)
- 11.8g BCAA's (Branched Chain Amino Acids)
- 13g L-Glutamine • 500mg Aminogen®

PER
SERVING

50g
PROTEIN



LACTOSE
FREE

MILK

NATURE'S
ULTIMATE
MUSCLE
MONSTER
FORMULA

MONSTER

NEW FROM THE MAKERS OF MUSCLE MILK™