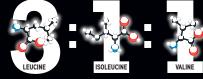
THE ULTIMATE ANABOLIC MTOR ACTIVATION FORMULA

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"

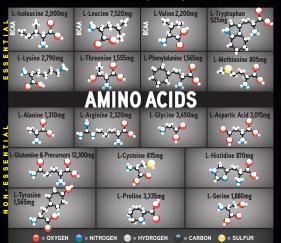
MONSTER MILK incorporates L-Leucine and PepForm to drive an industry leading 3:1:1 Ratio of BCAA's



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

[†] 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.



TASTE SATISFACTION GUARANTEED EUCINE PEPTIDES CHOCOLATE
Naturally & Artificially Flavored

PROTEIN SUPPLEMENT

reapure CREATINE MONOHYDRATE

ULTRA-POWERFUL MONSTER MUSCLE FORMULA

PRE



NUTRITION HIGHLIGHTS

(as pyrodoxine hydrochloride)

Folate (as folic acid)

(as cvanocobalamin)

(as chromium nicotinate)

Leucine Peptides (PepForm™)

*Percent Daily Value not established.

Creatine Monohydrate (Creapure®)

Aminogen® (digestive enzymes) 250mg

Percent Daily Values are based on a 2,000 calorie diet. Your daily

values may be higher or lower depending on your calorie needs.

Vitamin B12

Phosphorus

Calcium

Sodium

Potassium

-Leucine

-Glutamine

Betaine Anhydrous

Chromium

ISOI FUCINE

L-VALINE

CREATINE

Supplement Facts Serving Size 78g (approx 2 scoops)

CONTAINS INGREDIENTS DERIVED FROM MILK AND SOY.
THIS PRODUCT IS MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, Servings Per Container approx 12

	Amount Per Serving	% Daily Value*
alories	310	70 Bully Value
alories from Fat	50	
otal Fat	6g	9%
Saturated Fat	2g	10%
Trans Fat	0g	
holesterol	40mg	13%
otal Carbohydrate	13g	4%
Dietary Fiber	5g	20%
Sugars	3g	
rotein	50g	100%
niamin (as thiamine mon	onitrate) 2mg	100%
boflavin	2mg	100%
acin (as niacinamide)	20mg	100%
tamin B6	ida) 4mg	200%

400mca

30mca

500ma

500mg

120mcg

160ma

720mg

100%

500%

50%

50%

100%

21%

**

**

**

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.



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

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L-79020 - REV06.04/11

pending 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

.K can be used before workouts, after workouts, or prior to bed-

time. Individual nutritional requirements vary de-

DIRECTIONS and USE

OTHER INGREDIENTS MONSTER MILK SUSTAINED RELEASE PROTEIN

BLEND (MILK PROTEIN CONCENTRATE AND/OR ISOLATE, MICELLAR CA-

SEIN, CALCIUM AND SODIUM CASEINATE), MONSTER MILK RAPID RELEASE PROTEIN BLEND (WHEY PROTEIN HYDROLYSATE, WHEY PROTEIN CONCEN-

TRATE, WHEY PROTEIN ISOLATE, LACTOFERRIN), ALKALIZED COCOA POW

DER, NATURAL AND ARTIFICIAL FLAVOR, LEAN LIPIDS (SUNFLOWER OIL CANOLA OIL, MEDIUM CHAIN TRIGLYCERIDES), MALTODEXTRIN, SOLUBLE CORN FIBER, FRUCTO-OLIGOSACCHARIDES, POTASSIUM CHLORIDE, ACE-

SULFAME POTASSIUM, XANTHAN GUM, GUAR GUM, SUCRALOSE, STEVIA

vsiol Endrocrinol Metab 294:F392-F400 (2008) loguy 582(2):813-23 (2007) Physiol Endocrinol Metab 288:E645-53 (2005)

s product as your sole source of nutrition.

This product is not intended to treat, cure, prevent or diagnose any disease.