

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

3:1:1
LEUCINE ISOLEUCINE VALINE

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)

AMINO ACIDS

L-Isoleucine 2,000mg	L-Leucine 7,520mg	L-Valine 2,200mg	L-Tryptophan 525mg
L-Lysine 2,790mg	L-Threonine 1,555mg	L-Phenylalanine 1,565mg	L-Methionine 805mg
L-Alanine 1,310mg	L-Arginine 2,320mg	L-Glycine 3,450mg	L-Aspartic Acid 3,015mg
L-Glutamine & Precursors 12,300mg	L-Cysteine 815mg	L-Histidine 870mg	
L-Tyrosine 1,565mg	L-Proline 3,335mg	L-Serine 1,880mg	

● = OXYGEN ● = NITROGEN ● = HYDROGEN ● = CARBON ● = SULFUR

50g PROTEIN MATRIX

3g CREATINE MONOHYDRATE FOR EXPLOSIVE MUSCLE POWER**

5g L-GLUTAMINE TO ENHANCE MUSCLE TISSUE RECOVERY/REPAIR**

2g BETAINE ANHYDROUS TO HELP IMPROVE STRENGTH AND POWER**

250mg AMINOGEN® DIGESTIVE ENZYME COMPLEX FOR EFFICIENT PROTEIN DIGESTION AND UTILIZATION**

CARBOHYDRATES DRIVE PROTEIN 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 pre-blends 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.

Greg and Mike Pickett, Father/Son



MONSTER MILK™

ULTRA - POWERFUL MONSTER MUSCLE FORMULA

VANILLA CRÈME
Naturally & Artificially Flavored

PROTEIN SUPPLEMENT

NET WT 33.0 OZ
(2.06 LBS/936g)

PRE | DURING | POST

2.5g PepForm™
LEUCINE PEPTIDES

3g Creapure®
CREATINE MONOHYDRATE

2g BETAINE ANHYDROUS

***MANUFACTURED FREE OF BANNED SUBSTANCES IN A NSF GMP FOR SPORT-REGISTERED FACILITY**

NUTRITION HIGHLIGHTS

PROTEIN 50g L-GLUTAMINE PRECURSORS 12.3g†	CALORIES 310 L-LEUCINE 7.5g†	FIBER 5g L-ISOLEUCINE 2.0g†	CREATINE 3g L-VALINE 2.2g†
--	---	--	---

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

	Amount Per Serving	%Daily Value*
Calories	310	
Calories from Fat	50	
Total Fat	6g	9%
Saturated Fat	2g	10%
Trans Fat	0g	
Cholesterol	40mg	13%
Total Carbohydrate	13g	4%
Dietary Fiber	5g	20%
Sugars	3g	
Protein	50g	100%
Thiamin (as thiamine mononitrate)	2mg	100%
Riboflavin	2mg	100%
Niacin (as niacinamide)	20mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	4mg	200%
Folate (as folic acid)	400mcg	100%
Vitamin B12 (as cyanocobalamin)	30mcg	500%
Phosphorus	500mg	50%
Calcium	500mg	50%
Chromium (as chromium nicotinate)	120mcg	100%
Sodium	160mg	7%
Potassium	500mg	14%
L-Glutamine	5g	**
L-Leucine	3g	**
Leucine Peptides (PepForm™)	2.5g	**
Creatine Monohydrate (Creapure®)	3g	**
Betaine Anhydrous	2g	**
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.
**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 CONCENTRATE, WHEY PROTEIN ISOLATE, LACTOFERRIN), LEAN LIPIDS (SUNFLOWER OIL, CANOLA OIL, MEDIUM CHAIN TRIGLYCERIDES), SOLUBLE CORN FIBER, NATURAL AND ARTIFICIAL FLAVOR, MALTODEXTRIN, FRUCTO-OLIGOSACCHARIDES, POTASSIUM FLUORIDE, 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, WHEAT AND EGGS.

† Amino acid totals include amino acids from complete proteins.
1) Dreyer et al. Am J Physiol Endocrinol Metab 294:E392-E400 (2008)
2) Fujita et al. J Physiology 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.**

PLEASE RECYCLE

MADE IN USA

For Information on CytoSport Quality Products or to report adverse effects
Call 1-888-298-6629 or email
productquestions@cytosport.com

Manufactured by CytoSport, Benicia, CA 94510
www.cytosport.com
©2011 CytoSport, Inc.

L-79010 - REV06.04/11

6 60726 79010 6