ULTRA-POWERFUL MONSTER MUSCLE FORMULA

CREATINE MONOHYDRATE

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"

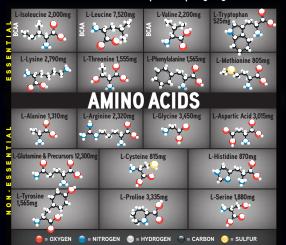
MONSTER MILK incorporates L-Leucine and PepForm to drive an industry leading 3:1:1 Ratio of BCAA's



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 VERNER**

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

VANILLA CRÈME

PROTEIN SUPPLEMENT

PRE



NUTRITION HIGHLIGHTS

ISOI FUCINE

Supplement Facts Serving Size 78g (approx 2 scoops)

Servings Per Container approx 12 Amount Per Serving % Daily Value*

CREATINE

L-VALINE

Per Serving	% Daily Value*
310	
50	
6g	9%
2g	10%
0g	
40mg	13%
13g	4%
5g	20%
3g	
50g	100%
te) 2mg	100%
2mg	100%
20mg	100%
4mg	200%
400mcg	100%
30mcg	500%
500mg	50%
500mg	50%
120mcg	100%
160mg	7%
500mg	14%
5g	**
3g	**
2.5g	**
	**
2g	**
	310 50 6g 2g 0g 40mg 13g 5g 3g 50g te) 2mg 20mg 4mg 400mcg 30mcg 500mg 120mcg 160mg 500mg 120mcg

Aminogen® (digestive enzymes) 250mg

*Percent Daily Value not established.

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

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

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 RECEASE I VOTEN BLEW WILL TROTEIN TO ROUTS ALE, WINEY 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 CHLORIDE, ACESULFAME POTASSIUM, XANTHAN GUM, GUAR GUM, SUCRALOSE, STEVIA (REBIANA

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) Drever 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-79010 - REV06.04/11





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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