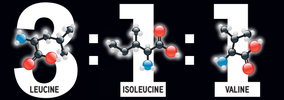
THE ULTIMATE ANABOLIC mTOR ACTIVATION FORMULA

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††

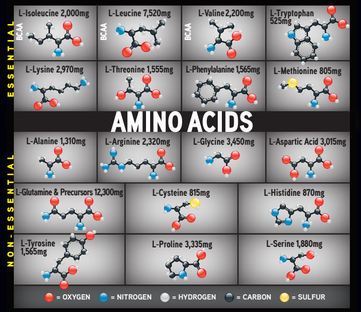
MONSTER MILK incorporates L-Leucine and PepForm™ to drive an industry leading **3:1:1 Ratio** of BCAAs



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)



50g PROTEIN MATRIX	0-2 HOURS: RAPID RELEASE PROTEINS — Whey Protein Hydolysate, Whey Protein Isolate, Whey Protein Concentrate; 2-6 HOURS: SUSTAINED RELEASE PROTEINS — Milk Protein Concentrate, Milk Protein Isolate, Micellar Casein, Caseinates
3g	CREATINE MONOHYDRATE FOR EXPLOSIVE MUSCLE POWER**
5g L-GLUTAMINE	TO ENHANCE MUSCLE TISSUE RECOVERY/REPAIR**
2g BETAINE ANYHYDROUS	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

BUILDING ATHLETES FROM THE INSIDE OUT™

CytoSport

NEW LEANER FORMULA

MONSTER MILK™

50g LEAN PROTEIN (per 2 scoops)

ULTRA-POWERFUL MONSTER MUSCLE FORMULA

TASTE SATISFACTION GUARANTEED

VANILLA CRÈME
Naturally & Artificially Flavored

PROTEIN SUPPLEMENT

NET WT 4.13 LBS (1872g)

2.5g PepForm™ LEUCINE PEPTIDES
3g Creapure® CREATINE MONOHYDRATE
2g BETAINE ANHYDROUS

PRE | DURING | POST

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

Supplement Facts

Serving Size 78g (approx 2 scoops)
Servings Per Container approx 24

	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 pyrodoxine 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 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, 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 Phuysiologuy 582(2):813-23 (2007)
3) Koopman et al. Am J Physiol Endocrinol Metab 288:E645-53 (2005)

NUTRITION HIGHLIGHTS

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

DIRECTIONS and USE

Mix 2 scoops (78g) into 16 fl-oz water

MONSTER MILK can be used before workouts, after workouts, or prior to bedtime. 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

**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

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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.*