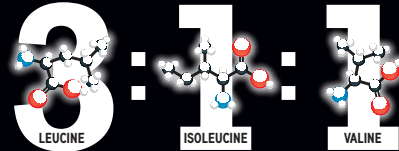


# THE ULTIMATE ANABOLIC mTOR ACTIVATION FORMULA

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)

|                      |                     |                         |                    |
|----------------------|---------------------|-------------------------|--------------------|
| 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 |

## AMINO ACIDS

|                                   |                    |                   |                         |
|-----------------------------------|--------------------|-------------------|-------------------------|
| 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                                   | RAPID RELEASE PROTEINS<br>Whey Protein Hydrolysate<br>Whey Protein Isolate<br>Whey Protein Concentrate                   | SUSTAINED RELEASE PROTEINS<br>Milk Protein Concentrate<br>Milk Protein Isolate<br>Micellar Casein<br>Caseinates |
| 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

BUILDING ATHLETES FROM THE INSIDE OUT™



# MONSTER MILK™

50g LEAN PROTEIN (per 2 scoops)

ULTRA - POWERFUL MONSTER MUSCLE FORMULA

TASTE SATISFACTION GUARANTEED

STRAWBERRIES 'N CRÈME  
Naturally & Artificially Flavored

PROTEIN SUPPLEMENT

NET WT 33.0 OZ  
(2.06 LBS/936g)

PRE | DURING | POST

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



| NUTRITION HIGHLIGHTS            |                 |                    |                |
|---------------------------------|-----------------|--------------------|----------------|
| PROTEIN 50g                     | CALORIES 310    | FIBER 5g           | CREATINE 3g    |
| L-GLUTAMINE & PRECURSORS 12.3g† | L-LEUCINE 7.5g† | L-ISOLEUCINE 2.0g† | 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                 |               |
| <b>Total Fat</b>                         | 6g                 | <b>9%</b>     |
| Saturated Fat                            | 2g                 | <b>10%</b>    |
| Trans Fat                                | 0g                 |               |
| <b>Cholesterol</b>                       | 40mg               | <b>13%</b>    |
| <b>Total Carbohydrate</b>                | 14g                | <b>5%</b>     |
| Dietary Fiber                            | 5g                 | <b>20%</b>    |
| Sugars                                   | 3g                 |               |
| <b>Protein</b>                           | 50g                | <b>100%</b>   |
| 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                                   | 170mg              | 7%            |
| Potassium                                | 510mg              | 15%           |
| 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), NATURAL AND ARTIFICIAL FLAVOR, SOLUBLE CORN FIBER, MALTODEXTRIN, FRUCTO-OLIGOSACCHARIDES, POTASSIUM CHLORIDE, FREEZE DRIED STRAWBERRY BITS, BEET POWDER (ADDED FOR COLOR), 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.**



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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