

> **Formulated with whey protein concentrate to help you get huge, but not fat.**

> **A huge 860 calories to fuel massive growth and grueling workouts.**



> **Digests fast, without bloating or slowing you down.**

> **No aspartame.**

> **Sweetened with sucralose.**

> **Delicious taste.**

Directions for Use



If you weigh between **100-160 lbs.**, shake or blend 3 heaping scoops of Monster Food with 16-20 oz. cold water. Drink one shake immediately after your workout and another shake one hour before bed.

If you weigh between **160-240 lbs.**, shake or blend 4 heaping scoops of Monster Food with 16-20 oz. cold water. Drink one shake immediately after your workout and another shake one hour before bed.

If you weigh between **240+ lbs.**, shake or blend 5 heaping scoops of Monster Food with 16-20 oz. cold water. Drink one shake immediately after your workout and another shake one hour before bed.

Mix one scoop with 6-8 oz. water or milk.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Best results obtained when Monster Food is incorporated into a proper nutrition and exercise program. Monster Food should be used in addition to your regular food intake.



MONSTER FOOD



SIZE DOES MATTER

VANILLA
Naturally and Artificially Flavored
5.77 LBS. 2.62 Kg

Experts agree that to increase your muscle size you need to ingest more calories than you burn, period. Not just any calories will do. You need calories from quality sources such as lean proteins, complex carbs and healthy fats. Monster Food™ primes your anabolic drive with all three macronutrients:

(1) PROTEIN

We use whey protein concentrate to ensure the highest degrees of digestibility, taste and super-fast absorption.

(2) CARBOHYDRATES

We use complete carbohydrates to provide long-lasting energy, without any unnecessary simple sugars that can bloat you and fatten you up.

(3) HEALTHY FATS

We add biologically active fats in the form of MCT's (Medium Chain Triglycerides), which provide extra calories and an additional energy source to fuel workouts, prime your anabolic hormones and aid in fat loss.

With Monster Food these macronutrients are combined in ideal ratios and amounts to support monstrous muscle growth, to unleash the monster inside you.

**SIZE DOES MATTER.
BECOME A MONSTER!**

For information on CytoSport quality products,
Call 1-888-CYTOMAX (298-6629) or Email productquestions@cytosport.com
CytoSport, Benicia, CA 94510
www.cytosport.com



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Supplement Facts

Serving Size Approx. 5 rounded Scoops (218g)
Servings per Container 12

Amount Per Serving		
Calories 860	Calories from Fat 100	
		% Daily Value*
Total Fat 11g		17%
Saturated Fat 9g		44%
Cholesterol 155mg		51%
Total Carbohydrate 141g		47%
Dietary Fiber less than 1g		2%
Sugars 9g		**
Protein 51g		102%
Calcium 350mg		35%
Sodium 470mg		20%
Potassium 320mg		9%

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

INGREDIENTS: MALTODEXTRIN, WHEY PROTEIN CONCENTRATE, MEDIUM CHAIN TRIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, SALT, CELLULOSE GUM, XANTHAN GUM, CARRAGEENAN, SUCRALOSE, SOY LECITHIN.

ALLERGEN STATEMENT:
THIS PRODUCT CONTAINS INGREDIENTS DERIVED FROM MILK AND SOY.

THIS PRODUCT WAS MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, WHEAT AND EGGS.



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