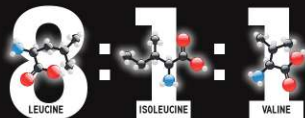


## BCAA mTOR ACTIVATION FORMULA

**MONSTER AMINO PST** (Protein Synthesis Threshold) is a concentrated BCAA formula that delivers an **8:1:1 ratio** of Leucine to Isoleucine to Valine. Recent university research shows that Leucine enriched beverages consumed with exercise synergistically activate and prolong activity of the **mTOR** signaling pathway, which increases muscle anabolic potential (muscle growth).<sup>1,2,3</sup> The **mTOR** pathway is the "trigger" that signals the very genesis of muscle protein synthesis.\*\*



**MONSTER AMINO** is able to achieve the anabolic 8:1:1 BCAA ratio by combining PepForm™ Leucine Peptides, and free-form L-Leucine, L-Isoleucine and L-Valine for maximum muscle-building performance.

### DIRECTIONS and USE

As a dietary supplement, mix 1 level scoop (12.5g) of **MONSTER AMINO PST** with 8-10 fl-oz of water. Consume 1 serving immediately post-workout. **MONSTER AMINO PST** can also be consumed any time to boost amino acid pools and nitrogen balance. 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. **Do not use this product as your sole source of nutrition.**



Mix 1 scoop (12.5g) into 8-10 fl-oz water

**PepForm™**  
LEUCINE PEPTIDES FOR ENHANCED LEUCINE BIOAVAILABILITY TO TRIGGER mTOR PATHWAY MUSCLE PROTEIN SYNTHESIS\*\*

**VITAMIN B6 (PYRIDOXAL-5-PHOSPHATE)**  
AN ESSENTIAL CO-FACTOR THAT HELPS DRIVE METABOLIC REACTIONS NECESSARY FOR BCAA UTILIZATION AT THE CELLULAR LEVEL\*\*

**CITRULLINE MALATE**  
FOR ENHANCED NITRIC OXIDE SYNTHESIS AND NUTRIENT DELIVERY\*\*

**SUGAR FREE**

1) Dreyer et al. Am J Physiol Endocrinol Metab 294:E392-E400 (2008)  
2) Fujita et al. J Physiol 582(2):813-23 (2007)  
3) Koopman et al. Am J Physiol Endocrinol Metab 288:E645-53 (2005)

**NEW**  
**POWERFUL**  
**FORMULA**

# MONSTER AMINO™

**BCAA**  
**mTOR**  
**ACTIVATION**

ULTRA-CONCENTRATED ANABOLIC AMINO ACID FORMULA

TASTE SATISFACTION GUARANTEED



DIETARY SUPPLEMENT

NET WT 13.2 OZ (375g)

**8:1:1 BCAA RATIO**  
**1.5g PepForm™ LEUCINE PEPTIDES**

**1g CITRULLINE MALATE**  
**3.5g L-LEUCINE**

**PRE | DURING | POST**



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

**CYTOSPORT**

## Supplement Facts

Serving Size 12.5g (1 scoop) Servings Per Container approx 30

|                                       | Amount Per Serving | %DV* |                                   | Amount Per Serving | %DV* |
|---------------------------------------|--------------------|------|-----------------------------------|--------------------|------|
| Calories                              | 10                 |      | <b>Typical Amino Acid Profile</b> |                    |      |
| Calories from Fat                     | 0                  |      | L-Alanine                         | 102mg              | **   |
| <b>Total Fat</b>                      | 0g                 | 0%   | L-Arginine                        | 28mg               | **   |
| Saturated Fat                         | 0g                 | 0%   | L-Aspartic Acid                   | 249mg              | **   |
| Trans Fat                             | 0g                 | **   | L-Cystine                         | 45mg               | **   |
| <b>Total Carbohydrate</b>             | 1g                 | 0%   | L-Glutamine and Precursors        | 396mg              | **   |
| Dietary Fiber                         | 0g                 | 0%   | L-Glycine                         | 31mg               | **   |
| Sugars                                | 0g                 | **   | L-Histidine                       | 31mg               | **   |
| <b>Protein</b>                        | 3g                 | 6%   | L-Isoleucine                      | 633mg              | **   |
| Vitamin B6 (as pyridoxal-5-phosphate) | 5mg                | 250% | L-Leucine                         | 5,127mg            | **   |
| Sodium                                | 70mg               | 3%   | L-Lysine                          | 182mg              | **   |
| Potassium                             | 80mg               | 2%   | L-Methionine                      | 38mg               | **   |
| Monster Amino PST Matrix              | 9g                 |      | L-Phenylalanine                   | 59mg               | **   |
| Leucine Peptides (PepForm™)           | 3,500mg            | **   | L-Proline                         | 123mg              | **   |
| L-Leucine                             | 3,500mg            | **   | L-Serine                          | 95mg               | **   |
| L-Isoleucine                          | 500mg              | **   | L-Threonine                       | 147mg              | **   |
| L-Valine                              | 500mg              | **   | L-Tryptophan                      | 42mg               | **   |
| Citrulline Malate                     | 1,000mg            | **   | L-Tyrosine                        | 56mg               | **   |
|                                       |                    |      | L-Valine                          | 616mg              | **   |

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Percent Daily Value not established.

\*\*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.

PepForm™ is a trademark of Glanbia PLC.



**MADE IN USA**

**OTHER INGREDIENTS** CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, MALIC ACID, SODIUM CITRATE, POTASSIUM CITRATE, ACESULFAME POTASSIUM, SUCRALOSE, CARMINE (ADDED FOR COLOR), SOY LECITHIN.

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

\*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.

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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