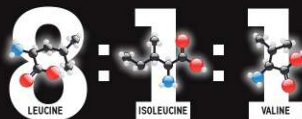


BCAA mTOR ACTIVATION FORMULA

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).^{1,2,3} 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.**



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)

BUILDING ATHLETES FROM THE INSIDE OUT™

NEW
POWERFUL
FORMULA

MONSTER AMINO™

CYTOSPORT

BCAA
mTOR
ACTIVATION

ULTRA-CONCENTRATED ANABOLIC AMINO ACID FORMULA

TASTE SATISFACTION GUARANTEED

SOUR GRAPE
Naturally & Artificially Flavored

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

Supplement Facts

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

Amount Per Serving	% DV*	Amount Per Serving	% DV*
Calories	10	Typical Amino Acid Profile	
Calories from Fat	0	L-Alanine	102mg **
Total Fat	0g 0%	L-Arginine	28mg **
Saturated Fat	0g 0%	L-Aspartic Acid	249mg **
Trans Fat	0g **	L-Cystine	45mg **
Total Carbohydrate	1g 0%	L-Glutamine and Precursors	396mg **
Dietary Fiber	0g 0%	L-Glycine	31mg **
Sugars	0g **	L-Histidine	31mg **
Protein	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.

OTHER INGREDIENTS CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, MALIC ACID, SODIUM CITRATE, POTASSIUM CITRATE, ACESULFAME POTASSIUM, SUCRALOSE, FRUIT AND VEGETABLE EXTRACT (ADDED FOR COLOR), 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
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www.cytosport.com
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