BUILDING ATHLETES FROM THE INSIDE OUT \*

At its core, MONSTER PUMP NOS generates what you want - intense mental focus & energy, enhanced Nitric Oxide levels, and explosive muscle power. What you see on the label is what you get - a comprehensive range of powerful ingredients at active dosages. No mystery proprietary blends, no fillers, just fully disclosed functional ingredient technology.

WARNING: DO NOT USE IF YOU ARE UNDER THE AGE OF 18 OR ELDERLY, DO NOT TAKE WITH ANY OTHER STIMULANT OR WEIGHT-LOSS SUPPLEMENT OR ANY PRESCRIPTION OR OVER THE COUNTER MEDICINE. DO NOT EXCEED 3 SERVINGS IN A 24 HOUR PERIOD. Do not use if you are pregnant or nursing or at risk of being treated for high-blood pressure, heart disease, hyperthyroidism, spasms, psychiatric disease, suffer from migraines, have asthma, or are taking asthma medication. Discontinue use if you experience dizziness, headache, nausea, or heart palpitations. If you have trouble sleeping, do not take within 6 hours of bedtime. KEEP OUT OF REACH OF CHILDREN. This product should only be used by healthy adults age 18 and older. This product contains the amino acid Beta-Alanine, which may cause a tingling skin sensation in some individuals. This effect should diminish after a few hours.

NEW POWERFUL FORMULA

\*Our products are manufactured in compliance with NSF International's GMP for Sport" Registration, including semi-annual audits, verifyina 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.



A POWERFUL NITRIC OXIDE SYNTHASE (NOS) ENHANCING PEPTIDE FRACTION THAT HELPS TRIGGER MUSCLE PUMPS FOR A SURGE OF NUTRIENT DELIVERY\*\*



SYNTHESIS CELL VOLUMIZATION AND NUTRIENT DELIVERY TO



PURE CREATINE MONO-HYDRATE FOR EXPLOSIVE



LEUCINE PEPTIDES FOR ENHANCED LEUCINE BIOAVAILABILITY TO TRIGGER mTOR PATHWAY MUSCLE



PROTEIN SYNTHESIS\*\* FOR ENHANCED STRENGTH ANAFROBIC & AFROBIC CAPACITY AND DELAYED MUSCLE FATIGUE\*\*



FOR CELLULAR ENERGY PRODUCTION AND DELAYED MUSCLE FATIGLE\*\*

Carnipure" offers purest L-Carnitine and is a trademark of Lonza, Switzerland.

DIETARY SUPPLEMENT NETWT 16.1 OZ (1 LBS/456g)

TASTE SATISFACTION GUARANTEED

Naturally & Artificially Flavored

SUGAR FREE

PRE-TRAINING NITRIC OXIDE ENERGY CATALYST

\*MANUFACTURED FREE

## Supplement Facts

Serving Size 15.2g (1 scoop) Servings Per Container approx 30

	Amoun	t Per Serving	% DV*
	Calories	5	
	Total Carbohydrate	1g	1%
	Sugars	0g	
	Vitamin C (as ascorbic acid)	250mg	410%
	Vitamin B6 (as pyridoxal-5-phosphate)	6mg	250%
	Vitamin B12 (as cyanocobalamin)	60mcg	1000%
	Sodium	70mg	3%
	Potassium	80mg	2%
	Monster Pump NOS Matrix	12.5q	
	Citrulline Malate	3,000mg	**
	L-Arginine (Ajipure®)	2,000mg	**
	Actinos®2 (Whey Peptide Fraction)	85mg	**
	Creatine Monohydrate (Creapure®)	1,500mg	**
	Leucine Peptides (PepForm")	1,500mg	**
	CarnoSyn® Beta-Alanine	1,000mg	**
	Betaine Anhydrous	1,000mg	**
	Alpha Lipoic Acid	50mg	**
	L-Carnitine (Carnipure™)	1,000mg	**
	Taurine	1,000mg	**
	Caffeine	150mg	**
	Glucuronolactone	300mg	**

\*Percent Daily Values are based on a 2.000 calorie diet.

\*\*Percent Daily Value not established.

OTHER INGREDIENTS CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, MALIC ACID, BEET POWDER (ADDED FOR COLOR), SODIUM CITRATE, POTASSIUM CITRATE, ACESULFAME POTASSIUM, SUCRA-LOSE, SOY LECITHIN.

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

## DIRECTIONS and USE



MONSTER PUMP NOS contains caffeine. Individuals highly sensitive to caffeine or other stimulants should not use this product. Read product warning prior to use. For best results consume approximately 10-30 minutes before training. First time users should start by mixing 1 scoop (15.2g) with 8 fl-oz of water. Experienced, tolerant users may choose to mix 2 scoops (30.4g) with 16 fl-oz of water

Experienced, highly tolerant users may mix up to 3 scoops (45.6g) with 16-24 fl-oz of water. Do not exceed 3 servings/scoops in a 24 hour period.

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

Actinos® is a registered trademark of Glanbia PLC and PepForm® is a trademark of Glanbia PLC

icensed under one or more of U.S. Pat. Nos. 5,965,596, 6,426,361 and 7,504,376, each of which is owned by





CytoSport Quality Products or to report adverse effects Call 1-888-298-6629 or ema

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