BUILDING ATHLETES FROM THE INSIDE OUT!

PRE-WORKOUT NITRIC OXIDE ENERGY CATALYST

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 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.

> compliance with NSF International's GMP for Sport" Registration, including emi-annual audits, verifying that no NSF 306-Certification Guideline Annex A List

**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.



SYNTHASE (NOS) ACTIVATOR THAT HELPS TRIGGER MUSCLE PUMPS FOR A SURGE OF NUTRIENT DELIVERY **



FOR ENHANCED NITRIC OXIDE SYNTHESIS. CELL VOLUMIZATION.



PURE CREATINE MONO-HYDRATE FOR EXPLOSIVE



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



FOR ENHANCED STRENGTH ANAEROBIC & AEROBIC CAPACITY. AND DELAYED MUSCLE FATIGUE**



FOR CELLULAR ENERGY PRODUCTION

AND DELAYED MUSCLE FATIGUE**

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

PRE-TRAINING NITRIC OXIDE ENERGY CATALYST

TASTE SATISFACTION GUARANTEED

SOUR GRAPE

DIETARY SUPPLEMENT

NETWT 16.1 OZ (1 LBS/456g)

Naturally & Artificially Flavored

Supplement Facts

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

Amount Per Serving		% D
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	12.5g	
Citrulline Malate	3,000mg	
L-Arginine (Ajipure®)	2,000mg	
Actinose2 (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

VOR, MALIC ACID, SODIUM CITRATE, POTASSIUM CITRATE, FRUIT AND VEGETABLE EXTRACT (ADDED FOR COLOR), ACESULFAME POTAS-SIUM SUCRALOSE CARMINE (ADDED FOR COLOR) 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

Carnipure" is a trademark of Lonza Ltd. Switzerland.

Creanure^a is a licensed registered trademark of AlzChem Trostberg GmbH.

Licensed 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 Natural Alternatives International, Inc. (NAI), NAI is also the owner of the registered trademark CarnoSyn®





For Information on CytoSport Quality Products or to report adverse effects Call 1-888-298-6629 or email productauestions@cvtosport.com

Manufactured by CytoSport, Benicia, CA 94510 www.cytosport.com

