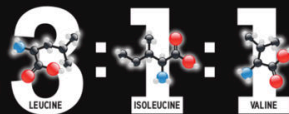


MASS GAINING FORMULA WITH mTOR ACTIVATORS

Science confirms what athletes have always known: high quality calories and protein intake is linked to muscle size and strength. **MONSTER MASS™** is a macronutrient dense gainer designed to maximize lean mass gains.**

50% MORE LEUCINE†

MONSTER MASS is fortified with 4 grams of added L-Leucine to drive an industry leading **3:1:1 Ratio** of BCAAs



Recent university research shows that Leucine enriched beverages consumed with exercise synergistically activates and prolongs activity of **mTOR** signaling pathway, which increases muscle anabolic potential (muscle growth)**^{1,2,3}

†† Monster Mass contains 50+% more leucine per gram protein than typical protein powders.

TYPICAL AMINO ACID PROFILE per 4 scoops 150g (50g Protein)

L-Isoleucine 2,495mg	L-Leucine 8,465mg	L-Valine 2,560mg	L-Tryptophan 710mg
L-Lysine 3,810mg	L-Threonine 2,370mg	L-Phenylalanine 1,625mg	L-Methionine 955mg
L-Alanine 1,830mg	L-Arginine 1,110mg	L-Glycine 775mg	L-Aspartic Acid 4,135mg
L-Glutamine & Precursors 10,215mg	L-Cysteine 945mg	L-Histidine 945mg	
L-Tyrosine 1,570mg	L-Proline 3,310mg	L-Serine 2,175mg	

● = OXYGEN ● = NITROGEN ● = HYDROGEN ● = CARBON ● = SULFUR

50g PROTEIN MATRIX

600 CALORIES

4g ADDED L-LEUCINE

2g ADDED L-GLUTAMINE

250mg AMINOGEN™

CARBOHYDRATES DRIVE PROTEIN UTILIZATION

MACRONUTRIENT DENSE FORMULA FOR MAXIMIZING LEAN MASS GAINS**

FOR mTOR PATHWAY ACTIVATION (MUSCLE PROTEIN SYNTHESIS)**

TO ENHANCE MUSCLE TISSUE RECOVERY/REPAIR**

DIGESTIVE ENZYME COMPLEX FOR EFFICIENT PROTEIN DIGESTION AND UTILIZATION**

CARBOHYDRATES TRIGGER INSULIN PRODUCTION WHICH IN TURN HELPS DRIVE AMINO ACID UPTAKE AND UTILIZATION BY MUSCLE TISSUES**

Since we founded **CytoSport™** in 1998, we've been dedicated to working with sports scientists, coaches and trainers to redefine protein enhanced products for active lifestyles and serious athletes — supporting performance when it matters. Over the years, we've expanded to create a comprehensive line that encompasses the athletic experience from preparation, to hydration, to recovery. Our products are among the very few that are manufactured in a **NSF International GMP for Sport™** Registered facility. Our facilities are also inspected and regulated by the **FDA**. We carefully manufacture our powder products and ready-to-drink pre-blends onsite at our corporate campus in Benicia, California.

Making efficacious products for athletes and active lifestyle individuals requires responsibility on all fronts. As our business has grown, so has our footprint. We have made environmental sustainability a focus and driver in everyday decision making. For more, please visit our website.

Through it all, **CytoSport** has been committed to one thing, building athletes from the inside out.

Greg and Mike Pickett, Father/Son

NEW POWERFUL FORMULA

MONSTER MASS™

MASS GAINING FORMULA WITH mTOR ACTIVATORS

TASTE SATISFACTION GUARANTEED

CHOCOLATE

Naturally & Artificially Flavored

PROTEIN SUPPLEMENT

NET WT
(5.95 LBS/2700g)

PRE DURING POST

50g PROTEIN
4g ADDED L-LEUCINE
250mg AMINOGEN®

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

CYTOSPORT

BUILDING ATHLETES FROM THE INSIDE OUT™

Dietary Supplement

Serving Size 150g (approx 4 scoops)
Servings Per Container approx 18

	Amount Per Serving	%Daily Value*
Calories	600	
Calories from Fat	110	
Total Fat	12g	18%
Saturated Fat	4.5g	23%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	170mg	7%
Potassium	780mg	22%
Total Carbohydrate	74g	25%
Dietary Fiber	7g	28%
Sugars	7g	
Protein	50g	100%
Vitamin A (as vitamin A acetate)		35%
Vitamin C (as ascorbic acid)		35%
Calcium		70%
Iron (as ferrous fumarate)		40%
Vitamin D (as cholecalciferol)		35%
Vitamin E (as dl-alpha tocopheryl acetate)		40%
Thiamin (as thiamin mononitrate)		30%
Riboflavin		35%
Niacin (as niacinamide)		35%
Vitamin B6 (as pyridoxine hydrochloride)		35%
Folate (as folic acid)		35%
Vitamin B12 (as cyanocobalamin)		35%
Biotin		35%
Pantothenic Acid (as d-calcium pantothenate)		40%
Phosphorus		60%
Iodine (as potassium iodide)		50%
Magnesium (as magnesium oxide)		45%
Zinc (as zinc oxide)		35%
Copper (as copper gluconate)		35%
Chromium (as chromium nicotinate)		80%
L-Leucine	4g	**
L-Glutamine	2g	**
Aminogen (digestive enzymes)	250mg	**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
**Percent Daily Value not established.

Aminogen® is a registered Trademark of Triarco Industries

OTHER INGREDIENTS
MALTODEXTRIN, RAPID RELEASE PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, WHEY PROTEIN HYDROLYSATE, WHEY PROTEIN ISOLATE, L-LEUCINE, L-GLUTAMINE), SUSTAINED RELEASE PROTEIN BLEND (MILK PROTEIN CONCENTRATE AND/OR ISOLATE, MICELLAR CASEIN, CALCIUM AND SODIUM CASEINATE), WAXY MAIZE STARCH, LEAN LIPIDS (SUNFLOWER OIL, CANOLA OIL, MEDIUM CHAIN TRIGLYCERIDES), ALKALIZED COCOA POWDER, NATURAL AND ARTIFICIAL FLAVOR, SOLUBLE CORN FIBER, FRUCTO-OLIGOSACCHARIDES, POTASSIUM CHLORIDE, TRICALCIUM PHOSPHATE, ACESULFAME POTASSIUM, SUCRALOSE, LACTASE, BROMELAIN, PAPAIN, SOY LECITHIN.

CONTAINS INGREDIENTS DERIVED FROM MILK AND SOY.
THIS PRODUCT IS MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, WHEAT AND EGGS.

PLEASE RECYCLE
MADE IN USA
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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NUTRITION HIGHLIGHTS

PROTEIN	CARBS	CALORIES	L-LEUCINE†
50g	74g	600	8.4g

† Amino acid totals include amino acids from complete proteins.
1) Dryer et al. Am J Physiol Endocrinol Metab 294:E392-E400 (2008)
2) Fujita et al. J Physiology 582(2):1813-23 (2007)
3) Koopman et al. Am J Physiol Endocrinol Metab 288:E645-53 (2005)

DIRECTIONS and USE



Mix 4 scoops (150g) into 18-20 fl-oz water

The optimal time for a serving of **MONSTER MASS** is 30-45 minutes immediately after your workout. This timing is critical because your muscles absorb approximately 80% of the amino acids and carbs necessary to help them grow during the two hour period immediately following exercise. Depending on your weight gain and caloric needs take Monster Mass as a snack or as a meal addition.

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.

Use as part of a well-balanced diet that includes whole foods and other protein sources. **Do not use this product as your sole source of nutrition.**

**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.

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*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.