

DENSE, FULL, HARD MUSCLE takes primarily 3 things:

1. **PROTEIN-** Quality aminos and lots of them.
2. **CARBS-** Complex, quality carbs, and lots of them, too!
3. **A LOT OF HARD WORK**

If you've ever had trouble really growing, or had trouble maintaining your hard-earned size, this product was designed specifically for you. CytoGainer gives you large portions of protein and carbohydrates, without the fat and sugar. If you're like most of us, you get plenty of fat and sugar in your diet, and you certainly don't have to supplement to get more of either. Forget about the uncomfortable, bloated feeling from cheap, high lactose, low quality whey proteins; CytoGainer contains the highest quality whey and whey peptides, and is 98% lactose free!

CYTOGAINER HAS IT ALL! Here are the Hard Facts

Each serving of CytoGainer provides 54 grams of plateau busting, shirt popping, protein which has:

- **Protein Efficiency Ratio - 3.6**
- **Biological Value - 104.** Very high.
- **PDCAAS 1.0**
(Protein Digestibility Corrected Amino Acid Score) Matches highest Fed Gov't standard.
- **Net Protein Utilization - 94%**
You can use all you get!
- **Protein Digestibility - 95%**
It doesn't just get in your mouth, it gets into your muscles!!

CytoGainer contains glutamine-rich partially pre-digested whey peptides for improved protein synthesis. Each serving also contains whey fractions shown to help increase IGF-1 (insulin-like growth factor). Your body's responses to these whey fractions, along with the branched-chain aminos found in CytoGainer, are primarily responsible for muscle growth.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

HOW ABOUT THE CARBS?

With no simple sugars, no fructose, and no sucrose, CytoGainer's highly complexed maltodextrins from corn hybrids are specifically designed to give you a time release energy effect. You won't believe how you'll be able to power through your most intense workouts feeling strong and energized. You will also replenish muscle and liver glycogen after your workout so you can fully recover and grow! CytoGainer provides a stable and enduring fuel, enhanced to drive growth nutrients into your thirsty muscles!

USE CYTOGAINER THREE TIMES A DAY

The optimal time for a serving of CytoGainer is 30-45 minutes immediately after your workout. This timing is critical because your muscles absorb approximately 80% of the aminos and carbs necessary to help them grow during the two hour period immediately following exercise. CytoGainer supplies the right kinds of complex carbs in the optimum amounts to encourage your metabolism to convert and utilize stored body fat. For additional carbs, protein, and energy take CytoGainer as a snack or meal replacement multiple times throughout the day. A final serving just before bed will provide the fuels for growth and recovery while you sleep.

You won't believe how delicious, satisfying, and instantly soluble CytoGainer is in milk or water! You really can use a shaker or stir it in a glass. No matter how you mix it, you will find CytoGainer convenient, delicious, and effective in helping you build muscle!

NO TRANS
FATTY ACIDS

CYTOSPORT
DRIVEN BY SCIENCE™
Inspired by Performance!

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Complex Carbs ONLY!
No Sucrose, Fructose, Aspartame

CYTO GAINER

LEAN MUSCLE MAXIMIZER

100%
WHEY PROTEIN
SOURCES

Each Serving Contains*
54g PROTEIN
98% LACTOSE FREE
96% FAT FREE
3g CREATINE
2g GLUTAMINE

Mixes
FAST
with
INSTAPro

PRE-DIGESTED WHEY PEPTIDES
VANILLA SHAKE DIETARY SUPPLEMENT
Net. Wt. 3.31 lbs. (1500g)

Supplement Facts

Serving Size 4 scoops (150g)
Servings Per Container 10

	In Water	2 cups low fat milk
Calories	580	870
Calories from Fat	45	135

Amount Per Serving % Daily Values**

Total Fat 5 g 7% 22%

Saturated Fat 2.5 g 14% 34%

Trans Fat 0 g

Cholesterol 150 mg 51% 67%

Sodium 230 mg 9% 21%

Potassium 540 mg 16% 36%

Total Carbohydrate 79 g 26% 36%

Dietary Fiber 1 g 2% 2%

Sugars 6 g

Protein 54 g 108% 124%

Vitamin A	33%	52%
Vitamin C	33%	45%
Vitamin D	33%	85%
Vitamin E	33%	33%
Thiamine	33%	48%
Riboflavin	33%	95%
Niacin	33%	33%
Vitamin B ⁶	33%	45%
Folic Acid	33%	33%
Vitamin B ¹²	33%	62%
Biotin	33%	33%
Pantothenic Acid	33%	45%
Calcium	33%	100%
Iron	33%	33%
Phosphorus	33%	85%
Iodine	33%	33%
Magnesium	33%	52%
Zinc	33%	46%
Copper	33%	33%
Chromium 100mcg	83%	83%

* Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS

CYTOCARB II™ (CYTOSPORT'S UNIQUE COMBINATION OF BRANCHING AS WELL AS LONG LINEAR CHAIN MALTODEXTRINS WITH VERY LOW 'DE' (DEXTRUSE EQUIVALENCE) PROVIDING A COMPLEX CARBOHYDRATE SOURCE APPROXIMATELY 96.5% SUGAR-FREE), CYTO PRO II™ (WHEY PROTEIN CONCENTRATE, WHEY PROTEIN HYDROLYSATE), CREATINE MONOHYDRATE, CYTOVITE II™, (VITAMIN AND MINERAL PREMIX CONSISTING OF VITAMIN A ACETATE, CHOLECALCIFEROL, D-ALPHA-TOCOPHEROL ACETATE, ASCORBIC ACID, FOLATE, THIAMINE MONONITRATE, RIBOFLAVIN, NIACINAMIDE, PYRIDOXINE HCL, CYANOCOBALAMIN, BIOTIN, PANTOTHENIC ACID, DICALCIUM PHOSPHATE, POTASSIUM IODIDE, POTASSIUM CHLORIDE, FERROUS FUMERATE, MAGNESIUM OXIDE, COPPER GLUCONATE, ZINC OXIDE, CHROMIUM NICOTINATE), CELLULOSE GUM, XANTHAN GUM, SOY LECITHIN, NATURAL AND ARTIFICIAL FLAVORS, POTASSIUM CITRATE, CARRAGEENAN, ACESULFAME POTASSIUM, SUCRALOSE.

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

DIRECTIONS

For a rich, creamy shake, mix 4 scoops (150 gm) in 16 oz. of cold water (provides over 600 low fat calories). Or, for even more calories (approximately 900) mix above in 2 cups of low-fat milk. No more globs or clumps since CytoGainer mixes instantly. InstaPro Instantizing Process is unbelievable. Use 3 servings per day.

Grams of Amino Acids per 100 grams of pure protein

ESSENTIAL AMINO ACIDS

L-Leucine (BCAA)11.5g
L-Isoleucine (BCAA)6.5g
L-Valine (BCAA)6.2g
L-Lysine9.6g
L-Threonine6.8g
L-Methionine2.2g
L-Phenylalanine3.5g
L-Tryptophan¹1.8g

¹ Tryptophan is a naturally occurring component of whey protein. There is no added free-form tryptophan.

For information on CytoSport quality products,

Call 1-888-CYTOMAX (298-6629) or Email
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