DIRECTIONS and USE

Take 1 packet daily with a meal.
CytoSport products complement a smart eating and hydration plan that when combined with a balanced exercise program, may contribute to weight management and recovery from exercise.**

Do not use this product as your sole source of nutrition.

WARNING: KEEP OUT OF THE REACH OF CHILDREN. CONSULT YOUR PHYSICIAN PRIOR TO USING THIS PRODUCT IF YOU ARE PREGNANT, TAKING MEDICATION OR HAVE A MEDICAL CONDITION.

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

Manufactured for
CytoSport, Benicia, CA 94510
www.cytosport.com
©2012 CytoSport, Inc.

MADE IN USA

PLEASE RECYCLE

L-79600-REV01.09/12

6 60726 79600 9

MULTI-VITAMIN
MULTI-VITAMIN WITH ESSENTIAL VITAMINS AND MINERALS

PERFORMANCE OPTIMIZERS
CarnoSyn Carnosine Synthesizer BETA-ALANINE
PepForm Leucine Peptides
LEUCINE PEPTIDES AND L-CARNITINE**

ASTRAGALUS 4:1 EXTRACT
PROMOTES HEALTHY IMMUNE SYSTEM FUNCTION**

MILK THISTLE EXTRACT
PROMOTES HEALTHY LIVER FUNCTION**

DOUBLE-STRENGTH ENTERIC COATED OMEGA-3 FISH OIL
SUPPORTS CARDIOVASCULAR HEALTH**

VITAMIN D
SUPPORTS STRONG BONES AND A HEALTHY IMMUNE SYSTEM**

**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.

BUILDING ATHLETES FROM THE INSIDE OUT™

CytoSport

MONSTER MULTI

FULL-SPECTRUM NUTRIENT PACK

30 DAY SUPPLY

COMPLETE WITH 20 VITAMINS AND MINERALS

OMEGA-3 FISH OIL TO SUPPORT CARDIOVASCULAR HEALTH**

PERFORMANCE OPTIMIZERS**
CarnoSyn Carnosine Synthesizer BETA-ALANINE | PepForm Leucine Peptides

30 PACKETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Packet (3 Tablets, 3 Capsules, 3 Softgels)
Servings Per Container 30

	Amount Per Serving	%DV
Calories	15	
Calories from Fat	15	
Total Fat	1.5g	2%*
Polyunsaturated Fat	1g	
Cholesterol	15mg	5%*
Protein	0g	
Vitamin A (as Beta-Carotene and Vitamin A Palmitate)	12,500IU	250%
Vitamin C (as Ascorbic Acid)	600mg	1,000%
Vitamin D (as Cholecalciferol)	2,500IU	625%
Vitamin E (as d-Alpha Tocopheryl Succinate)	200IU	667%
Thiamin (as Thiamin Hydrochloride)	50mg	3,333%
Riboflavin	25mg	1,471%
Niacin (as Niacinamide and Niacinamide)	95mg	475%
Vitamin B-6 (as Pyridoxine Hydrochloride and pyridoxal-5-phosphate)	50mg	2,500%
Folate (as L-Methylfolate, Metafolin®)	400mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50mcg	833%
Biotin (as d-Biotin)	150mcg	50%
Pantothenic Acid (as d-Calcium Pantothenate)	250mg	2,500%
Calcium (as Calcium Citrate and Ascorbate Complex)	250mg	25%
Iodine (from Kelp)	100mcg	67%
Magnesium (as Magnesium Aspartate and Ascorbate Complex)	250mg	62%
Zinc (as Zinc Amino Acid Chelate)	12mg	83%
Selenium (as Selenium from Krebs† Cycle and Kelp)	100mcg	143%
Manganese (from Manganese Aspartate Complex)	10mg	500%
Chromium (Organically bound with GTF activity)	100mcg	83%
Molybdenum (from Molybdenum Krebs†)	50mcg	66%
Potassium (from Potassium Aspartate Complex)	45mg	1%
Fish Oil	600mg	**
EPA (Eicosapentaenoic Acid)	360mg	**
DHA (Docosahexaenoic Acid)	240mg	**
CarnoSyn® Beta-Alanine	1g	**
Leucine Peptides (PepForm®)	100mg	**
L-Carnitine	85mg	**
L-Cysteine/N-Acetyl-L-Cystine	100mg	**
L-Methionine	6mg	**
Glutamic Acid (from Glutamic Acid HCl)	10mg	**
Betain (from Betain HCl)	55mg	**
Inositol	50mg	**
Choline	30mg	**
PABA (Para-Aminobenzoic Acid)	25mg	**
Milk Thistle (Silybum marianum) (seed) (Standardized to contain 80% Silymarin)	175mg	**
Astragalus Extract (Astragalus membranaceus) (root) (a 4:1 extract equivalent to 1,000 mg of whole herb)	250mg	**
Citrus Bioflavonoids (Citrus supp.) (Fruit)	50mg	**
Vanadium (from Vanadium Krebs†)	25mcg	**
Boron (from Boron Aspartate and Citrate Complex)	750mcg	**
Trace Elements (from Sea Vegetation)	50mcg	**

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
**Percent Daily Value (DV) not established.

OTHER INGREDIENTS: GELATIN, VEGETABLE GLYCERIN, SAFFLOWER OIL, SOYBEAN OIL, VEGETABLE CELLULOSE, VEGETABLE MAGNESIUM STEARATE, VEGETABLE STEARIC ACID, MALTODEXTRIN, FOOD GLAZE, LESS THAN 2% OF: CARAMEL COLOR, SOY LECITHIN, SILICA, SODIUM ALGINATE, STEARIC ACID, ETHYLCELLULOSE, MIXED NATURAL TOCOPHEROLS, POLYSORBATE 80.
ALLERGEN STATEMENT: CONTAINS INGREDIENTS DERIVED FROM FISH (ANCHOVY, MACKEREL, SARDINE), MILK, AND SOY.

†Krebs: Citrate, Fumarate, Malate, Glutarate and Succinate Complex.
Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.
PepForm™ is a trademark of Glanbia PLC.
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®.