# 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.**

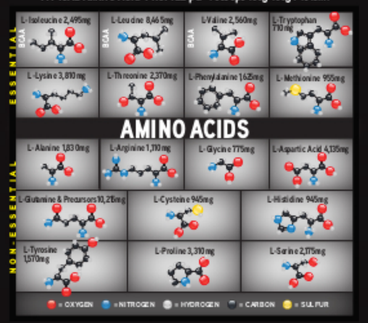
## 50% MORE LEUCINE†

**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)

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|---|---|
| **50g PROTEIN MATRIX** | RAPID RELEASE PROTEINS (0-2 HOURS): Whey Protein Concentrate, Whey Protein Isolate, Whey Protein Hydrolysate. SUSTAINED RELEASE PROTEINS (2-6 HOURS): Whey Protein Concentrate, Milk Protein Isolate, Micellar Casein, Caseinate |
| **610 CALORIES** | MACRONUTRIENT DENSE FORMULA FOR MAXIMIZING LEAN MASS GAINS** |
| **4g ADDED L-LEUCINE** | FOR mTOR PATHWAY ACTIVATION (MUSCLE PROTEIN SYNTHESIS)** |
| **2g ADDED L-GLUTAMINE** | TO ENHANCE MUSCLE TISSUE RECOVERY/REPAIR** |
| **250mg AMINOGEN®** | DIGESTIVE ENZYME COMPLEX FOR EFFICIENT PROTEIN DIGESTION AND UTILIZATION** |
| **CARBOHYDRATES DRIVE PROTEIN 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

BUILDING ATHLETES FROM THE INSIDE OUT™

CytoSport

NEW POWERFUL FORMULA

# MONSTER MASS™

MASS GAINING FORMULA WITH mTOR ACTIVATORS

TASTE SATISFACTION GUARANTEED

STRAWBERRIES 'N CREME
Naturally & Artificially Flavored

PROTEIN SUPPLEMENT

NETWT (5.95 LBS/2700g)

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

PRE | DURING | POST

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

## Dietary Supplement

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

| | Amount Per Serving | % Daily Value* |
|---|---|---|
| Calories | 610 | |
| Calories from Fat | 110 | |
| **Total Fat** | 12g | **18%** |
| Saturated Fat | 4g | **20%** |
| *Trans Fat* | 0g | |
| **Cholesterol** | 85mg | **28%** |
| **Sodium** | 170mg | **7%** |
| **Potassium** | 510mg | **15%** |
| **Total Carbohydrate** | 75g | **25%** |
| Dietary Fiber | 6g | **24%** |
| Sugars | 7g | |
| **Protein** | 50g | **100%** |
| Vitamin A (as vitamin A acetate) | | 35% |
| Vitamin C (as ascorbic acid) | | 50% |
| Calcium | | 70% |
| Iron (as ferrous fumarate) | | 35% |
| 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 | | 70% |
| Iodine (as potassium iodide) | | 50% |
| Magnesium (as magnesium oxide) | | 40% |
| 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), 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), SOLUBLE CORN FIBER, FRUCTO-OLIGOSACCHARIDES, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, FREEZE DRIED STRAWBERRY BITS, POTASSIUM CHLORIDE, TRICALCIUM PHOSPHATE, ACESULFAME POTASSIUM, SUCRALOSE, STEVIA (REBIANA), 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


## NUTRITION HIGHLIGHTS

| PROTEIN | CARBS | CALORIES | L-LEUCINE† |
|---|---|---|---|
| 50g | 75g | 610 | 8.4g |

† Amino acid totals include amino acids from complete proteins.


1) Dreyer et al. Am J Physiol Endocrinol Metab 294:E392-E400 (2008)
2) Fujita et al. J Physiol (2007) 582(Pt 1):813-23
3) Koopman et al. Am J Physiol Endocrinol Metab 288:E645-53 (2005)


## DIRECTIONS and USE


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 aminos 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.*