

DIRECTIONS & USE

MIX 1 SCOOP
(36g) INTO 8
FL-OZ WATER



25G
PROTEIN

NSF

THIS PRODUCT IS CERTIFIED

ProHydrolase

Mix 1 scoop (36g) of Monster Blend™ with 8 fl-oz of water. Monster Blend™ can be used either before workouts, after workouts or prior to bedtime.

Individual nutritional requirements vary depending on gender, body weight, level of activity and exercise/training intensity. This product complements a smart eating and hydration plan that, in conjunction with a balanced exercise program, may contribute to weight management and recovery from exercise. During exercise and use, maintain an adequate state of hydration.†

NOTES: Use the product as a food supplement only. It is not a fat replacement.

The protein in Monster Blend™ can help facilitate muscle growth after exercise by enhancing muscle protein synthesis and reducing muscle protein breakdown.†

NSF screens supplements for more than 700 substances banned in most major athletic competitions. The main components of NSF are Monitors program are listed under review, a technology review to certify the formulation and a subsequent review to ensure against contaminants, safeguard.com

Proteinase enzymes can assist with the breakdown and digestion of proteins.†



IS SPORTS NUTRITION THAT STANDS FOR:

TRUTH POWER LIFE

WHAT DO YOU STAND FOR?

We stand for truth, power and unyielding support of athletic lifestyles. This is our unwavering commitment to quality. A symbol to carry and support you before, during and after training or competition. **It** stands for TRUTH: fully disclosed nutritional ingredients and no proprietary blends; POWER: efficacious formulations that enhance your performance; LIFE: inspiration you need to achieve your lifelong goals. Because truth is power, power is performance and performance changes lives.

NUTRIENT SUMMARY

15G

MILK PROTEIN
FROM MILK PROTEIN ISOLATE

A source of both casein and whey proteins. Casein digests more slowly than the rapidly digested whey proteins.†

125 MG
PROHYDROLASE®

PROTEINASE ENZYME

Supports the normal digestion of proteins which splits peptides and amino acids, the building blocks of muscle protein.†

10G

WHEY PROTEIN
FROM WHEY PROTEIN ISOLATE

Naturally rich in glutamine and the branched-chain amino acids leucine, isoleucine, and valine.†

1G

ADDED L-LEUCINE

This amino acid helps stimulate muscle protein synthesis at the cellular level.†

WHAT ARE YOU GETTING? CHECK THIS OUT...

MILK PROTEIN & WHEY
PROTEIN ISOLATE
SUPPLEMENT MIX

► PREPARE
TRAIN
► RECOVER

MONSTER
CYTOSPORT
MONSTER
SERIES™



MONSTER

BLEND™

25G
PROTEIN

125 MG
PROHYDROLASE®

NSF

FREE OF
BANNED
SUBSTANCES



VANILLA

NATURALLY AND ARTIFICIALLY FLAVORED

NET WT 32 OZ (2 LBS / 907G)

Supplement Facts

Serving Size 1 scoop (36g)
Servings Per Container About 25

	Amount Per Serving	%DV*
Calories	140	
Calories from Fat	30	
Total Fat	2 g	3%
Cholesterol	15 mg	3%
Total Carbohydrate	2 g	2%
Dietary Fiber	1 g	4%
Sugars	<1 g	—
Protein	25 g	50%
Calcium	400 mg	40%
Phosphorus	200 mg	30%
Sodium	50 mg	1%
Potassium	220 mg	6%
L-Leucine	1 g	—
Protease (Enzymes) (ProHydrolase®)	125 mg	—

* Percent Daily Value (DV) based on a diet of 2,000 calories daily.
† Percent Daily Value (DV) not established.

OTHER INGREDIENTS: MSG Protein Isolate, Whey Protein Isolate (Milk), Natural and Artificial Flavors, Non-Dairy Creamer, Glycerol, Oil, Maltodextrin, Sodium Caseinate (A Milk Derivative), Mono- and Diglycerides, Natural Tocopherols, Citric Acid, Sunflower Oil, Reducers, Guar Hydroxypropyl, Xanthan Gum, Potassium Citrate, Soy Lecithin, Ascorbic Acid, Stearic Acid, Sodium Stearate (Plant-Derived), Agents, Sorbitol, Stearic Acid.

Manufactured by CytoSport, Inc., Denver, CO 80202

ProHydrolase® is a registered trademark of Danisco Nutritional, Inc.



L-80100-B004 0015

† 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.

For information on CytoSport products or to report adverse effects call 1-888-759-6679 or email productsupport@cytosport.com
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