

DIRECTIONS & USE

MIX 1 SCOOP
(30g) INTO 8
FL-OZ WATER



Mix 1 scoop (30g) of Monster Blend™ with 8-8 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 rest, maintain an adequate state of hydration.†

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

25G
PROTEIN

The proteins in Monster Blend™ can help facilitate muscle growth after exercise by enhancing muscle protein synthesis and inhibiting muscle protein breakdowns.†

NSF

NSF screens supplements for more than 280 substances banned by most major athletic organizations. The main components of NSF's certification program are label claim review, a third-party review to certify the formulation and a continuous review to ensure against contaminants. nsfport.com

THIS PRODUCT CONTAINS:

ProHydrolase

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

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.†

10G
WHEY PROTEIN

FROM WHEY PROTEIN ISOLATE

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

125 MG
PROHYDROLASE™

DIGESTIVE ENZYMES

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

1G
ADDED L-LEUCINE

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

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.

MILK PROTEIN & WHEY
PROTEIN ISOLATE
SUPPLEMENT MIX

► PREPARE
TRAIN
► RECOVER

MONSTER
CYTOSPORT
MONSTER
SERIES

NET WT 32 OZ (2 LBS / 907G)

CHOCOLATE
NATURALLY AND ARTIFICIALLY FLAVORED

25G
PROTEIN

125 MG
PROHYDROLASE™

DIGESTIVE ENZYMES

NSF
FREE OF
BANNED
SUBSTANCES

Supplement Facts

Serving Size 1 scoop (30g)
Servings Per Container About 23

	Amount Per Serving	%DV*
Calories	150	
Calories from Fat	25	
Total Fat	2.5 g	4%*
Saturated Fat	0.5 g	1%*
Cholesterol	15 mg	3%*
Total Carbohydrate	6 g	2%*
Dietary Fiber	2 g	8%*
Sugars	1 g	**
Protein	25 g	50%*
Calcium	400 mg	40%
Iron	1 mg	6%
Phosphorus	250 mg	25%
Sodium	60 mg	3%
Potassium	300 mg	11%
L-Leucine	1 g	**
Protease Enzymes (ProHydrolase®)	125 mg	**

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

OTHER INGREDIENTS: Milk Protein Isolate, Whey Protein Isolate (Milk), Alkalized Cocoa Powder, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate (Milk Derivative), Mono- and Diglycerides, Natural Tocopherols, Gum Fiber, Natural and Artificial Flavors, Sunflower Oil, Medium Chain Triglycerides, Xanthan Gum, Potassium Chloride, Soy Lecithin, Acrosulfate Potassium, Silicon Dioxide (Anti-caking Agent), Saccharin, Stevia Extract. Manufactured by Cytosport, Inc., Berkeley, CA 94710.

ProHydrolase® is a registered trademark of Zealand Enzymes, Inc.



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† These statements have not been evaluated by the FDA and are for informational purposes only. This product is not intended to diagnose, treat, cure, or prevent any disease.

For information on Cytosport Products or to report adverse effects call 1-888-796-6629 or email productquestions@cytosport.com.
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