

DIRECTIONS & USE

MIX 1 SCOOP
(39g) INTO 8
FL-OZ WATER



25G
PROTEIN

NSF

*FREE GRANNED SUBSTANCES

NUTRIENT SUMMARY

15G
MILK PROTEIN
FROM MILK PROTEIN ISOLATE

10G
WHEY PROTEIN
FROM WHEY PROTEIN ISOLATE

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

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

125MG
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. †

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. **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.

MONSTER

BLEND

MILK PROTEIN & WHEY
PROTEIN ISOLATE
SUPPLEMENT MIX

► PREPARE
► TRAIN
► RECOVER



CYTOSPORT
MONSTER
SERIES™

"WEIDMAN'S"
CHOCOLATE
PEANUT BUTTER
BANANA

NATURALLY AND ARTIFICIALLY FLAVORED

25G
PROTEIN

125MG
PROHYDROLASE®
DIGESTIVE ENZYMES

NSF

*FREE OF
BANNED
SUBSTANCES

CHRIS WEIDMAN
MMA MIDDLEWEIGHT CHAMPION

Supplement Facts

Serving Size 1 scoop (39g)
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	3%**
Cholesterol	10 mg	3%**
Total Carbohydrate	6 g	2%**
Dietary Fiber	1 g	4%**
Sugars	<1 g	**
Protein	25 g	50%**
Calcium	400 mg	40%
Phosphorus	250 mg	25%
Sodium	180 mg	8%
Potassium	310 mg	9%
L-Leucine	1 g	**
Protease Enzymes (ProHydrolase®)	125 mg	**

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

OTHER INGREDIENTS: Milk Protein Isolate, Whey Protein Isolate (Milk), Natural and Artificial Flavors, Alkalized Cocoa Powder, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate (A Milk Derivative), Mono- and Diglycerides, Natural Tocopherols), Oat Fiber, Sunflower Oil, Medium Chain Triglycerides, Salt, Xanthan Gum, Potassium Chloride, Soy Lecithin, Acesulfame Potassium, Sucralose, Stevia Extract.
Manufactured by CytoSport, Inc., Benicia, CA 94510

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



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† 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 1-888-298-6629 or email productquestions@cytosport.com
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