

DIRECTIONS & USE

MIX 1 SCOOP
(34g) INTO 8
FL-OZ WATER



Mix 1 scoop (34g) of Monster Isolate™ with 8 fl-oz of water. Monster Isolate™ 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.†

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

25G
PROTEIN

Monster Isolate™ is a healthy way to get the protein you need to aid exercise recovery and muscle growth.†

NSF

NSF Certified for Sport
No Banned Substances

*FREE OF BANNED SUBSTANCES

NSF screens supplements for more than 280 substances banned by most major athletic organizations. The main components of NSF certification program are label claim review, a toxicology review to certify the formulation and contaminant review to ensure against contaminants. nfsport.com

NUTRIENT SUMMARY

25G
PROTEIN
FROM WHEY PROTEIN ISOLATE

100% of the 25g of protein comes from one source - whey protein isolate which is naturally rich in glutamine and the branched-chain amino acids (isoleucine, leucine and valine).

6G BCAAs
FROM WHEY PROTEIN ISOLATE

When used as part of your workout recovery the BCAAs can help promote muscle growth.†

2.8G
L-LEUCINE
FROM WHEY PROTEIN ISOLATE

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. **✖** 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.

WHEY PROTEIN ISOLATE SUPPLEMENT MIX

► PREPARE
TRAIN
► RECOVER

**CYTOSPORT
MONSTER
SERIES™**



MONSTER™

ISOLATE™

25G
PROTEIN
FROM WHEY PROTEIN
ISOLATE

**"WEIDMAN'S"
CHOCOLATE
PEANUT BUTTER
BANANA**

NATURALLY AND ARTIFICIALLY FLAVORED

NSF

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*FREE OF
BANNED
SUBSTANCES

CHRIS WEIDMAN
MMA MIDDLEWEIGHT CHAMPION

Supplement Facts

Serving Size 1 scoop (34g)
Servings Per Container About 29

	Amount Per Serving	%DV*
Calories	130	
Calories from Fat	15	
Total Fat	1.5 g	2%**
Cholesterol	10 mg	3%**
Total Carbohydrate	4 g	1%**
Dietary Fiber	1 g	4%**
Sugars	1 g	**
Protein	25 g	50%**
Calcium	100 mg	10%
Iron	0.25 mg	<2%
Phosphorus	60 mg	6%
Sodium	160 mg	7%
Potassium	460 mg	13%

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

INGREDIENTS: Whey Protein Isolate (Milk), Natural and Artificial Flavors, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate (A Milk Derivative), Mono- and Diglycerides, Natural Tocopherols), Oat Fiber, Alkalinized Cocoa Powder, Soy Lecithin, Potassium Chloride, Salt, Xanthan Gum, Acesulfame Potassium, Sucralose, Silicon Dioxide (Anti-caking Agent).

Manufactured by CytoSport, Inc., Benicia, CA 94510

† 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.



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For information on CytoSport Products or to report adverse effects call 1-888-298-6629 or email productquestions@cytosport.com CYTOSPORTMONSTER.COM ©2015 CytoSport, Inc.

