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 screens supplements for more than 200 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. nsfsport.com

*FREE OF BANNED SUBSTANCES

M 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. M 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

WHAT ARE YOU GETTING? CHECK THIS OUT...

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).

2.8G L-LEUCINE FROM WHEY PROTEIN ISOLATE

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

6G BCAAs FROM WHEY PROTEIN ISOLATE

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

M

MONSTER ISOLATE™

WHEY PROTEIN ISOLATE SUPPLEMENT MIX

- PREPARE
- TRAIN
- RECOVER

M CYTOSPORT MONSTER SERIES

NET WT 4.4 LBS (2000G)

"WEIDMAN'S" CHOCOLATE PEANUT BUTTER BANANA

NATURALLY AND ARTIFICIALLY FLAVORED

CHRIS WEIDMAN
MMA MIDDLEWEIGHT CHAMPION

25G PROTEIN FROM WHEY PROTEIN ISOLATE

NSF *FREE OF BANNED SUBSTANCES

Supplement Facts

Serving Size 1 scoop (34g)
Servings Per Container About 58

	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 Values (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, Alkalized 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.

6 60726 80441 4

L-80441-REV01.02/15

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.

PLEASE RECYCLE