

DIRECTIONS & USE

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



Mix 1 scoop (39g) of Monster Whey™ with 8 fl-oz of water. Monster Whey™ 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 Whey™ provides high quality protein to aid exercise recovery and muscle growth.†

NSF

UNITED STATES OF AMERICA

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 no adulterants. nsfsport.com

*FREE ORBAINED SUBSTANCES

††See Supplement Facts for cholesterol content.

NUTRIENT SUMMARY

25G
PROTEIN††
FROM WHEY PROTEIN
CONCENTRATE

Provides fast delivery of muscle building amino acids.†

2.7G
L-LEUCINE
FROM WHEY PROTEIN
CONCENTRATE

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

6G
BCAAs
FROM WHEY PROTEIN
CONCENTRATE

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

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. **X** 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 SUPPLEMENT MIX

► PREPARE
► TRAIN
► RECOVER



CYTOSPORT
MONSTER
SERIES

VANILLA

NATURALLY AND ARTIFICIALLY FLAVORED

NET WT 35.3 OZ (2.2 LBS / 1000G)

25G
PROTEIN††
FROM WHEY PROTEIN
CONCENTRATE

NSF

UNITED STATES OF AMERICA

*FREE OF
BANNED
SUBSTANCES

††SEE SUPPLEMENT FACTS
FOR CHOLESTEROL CONTENT

Supplement Facts

Serving Size 1 scoop (39g)
Servings Per Container About 25

	Amount Per Serving	%DV*
Calories	150	
Calories from Fat	25	
Total Fat	3 g	5%*
Saturated Fat	2 g	10%*
Cholesterol	65 mg	22%*
Total Carbohydrate	6 g	2%*
Dietary Fiber	1 g	4%*
Sugars	2 g	**
Protein	25 g	50%*
Calcium	150 mg	15%
Iron	0.36 mg	2%
Phosphorus	100 mg	10%
Sodium	90 mg	4%
Potassium	480 mg	14%

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

INGREDIENTS: Whey Protein Concentrate (Milk), Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate (A Milk Derivative), Mono- and Diglycerides, Natural Tocopherols), Oat Fiber, Natural and Artificial Flavors, Potassium Chloride, Maltodextrin, Xanthan Gum, Acesulfame Potassium, Soy Lecithin, Sucralose.

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 1-888-298-6152 or email productquestions@cytosport.com
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