SPECIALLY DESIGNED mTOR ACTIVATION FORMULA

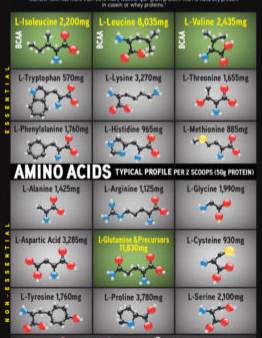
Research confirms what many athletes already know: regular exercise and high quality protein can work together to promote muscle recovery and growth.[1] We designed MONSTER MILK® to help hard-working athletes build bigger, stronger muscles.[1]

MORE THAN 50% EXTRA LEUCINE[1]

MONSTER MILK INCLUDES LEUCINE, FROM FREE AMINO ACIDS, WHOLE PROTEINS AND LEUCINE-ENRICHED WHEY PEPTIDES PEPFORM® TO SUPPLY A 3:1:1 RATIO OF BRANCHED CHAIN AMINO ACIDS (BCAA'S)

Peer-reviewed scientific studies demonstrate that leucine activates the mTOR signaling pathway, which stimulates muscle hypertrophy (growth).[1]

[1]Monster Milk has more than 50% more leucine (per gram protein) than is naturally present in casein or whey proteins.



50g PROTEIN MATRIX

Monster Milk contains a combination of slow (casein) and fast (whey) proteins to enhance muscle protein synthesis and inhibit muscle protein breakdown. The amino acids in whey and free-form amino acids are metabolized more rapidly than those from casein which provide a slower more sustained release of amino acids.[1]

TYPICAL PLASMA AMINO ACID LEVELS FOLLOWING PROTEIN CONSUMPTION[2]

[1]Summary of results from casein and whey feeding studies. Studies used larger doses than found in Monster Milk. For additional information see Boirie et al Proc Natl Acad Sci 94:14930-35 (1997); Dangin et al Am J Phys Endo Met 285:E435-48 (2003); Tang et al J Appl Physiol 107:987-92 (2009).

3g Creapure® 2.5g BETAINE ANHYDROUS	SUPPORTS MUSCLE MASS AND STRENGTH
4g ADDED L-GLUTAMINE	MOST ABUNDANT AMINO ACID IN HUMAN MUSCLE[1]
125mg Prohydrolase®	SUPPORTS THE NORMAL DIGESTION OF PROTEIN WHICH YIELDS AMINO ACIDS, THE BUILDING BLOCKS OF MUSCLE PROTEIN[1*]
1g Beta-Alanine CarnoSyn®	RATE LIMITING FACTOR FOR CARNOSINE PRODUCTION, WHICH CAN ACT AS A BUFFER TO REDUCE ACIDITY IN MUSCLE DURING HIGH-INTENSITY EXERCISE[1]

[1]Results from study with whey protein and in vitro experiments using whey proteins and Monster Milk demonstrate ProHydrolase breaks down proteins into smaller peptides and individual amino acids.[1]

Since we founded **CytoSport®** in 1998, we've been dedicated to working with sports scientists, coaches and trainers to redefine protein enhanced products for serious athletes and active lifestyle individuals – supporting performance when it matters.

Over the years, we've expanded to create a comprehensive product line that encompasses the athletic experience from preparation, to hydration, to recovery. Our plant is a **NSF International GMP for Sport® Registered** facility, inspected and regulated by the **FDA**. We carefully manufacture our powder products onsite at our corporate campus in Benicia, California.

Making efficacious products for athletes and active lifestyle individuals requires responsibility on all fronts. As our business has grown, so has our footprint. We have made environmental sustainability a focus and driver in everyday decision making. For more information, please visit our website.

Through it all, **CytoSport** has been committed to one thing, *Building Athletes from the Inside Out.*

The CytoSport Team

BUILDING ATHLETES FROM THE INSIDE OUT™

CytoSport

MONSTER MILK®

LEAN MUSCLE PROTEIN SUPPLEMENT

TASTE SATISFACTION GUARANTEED

COOKIES 'N CRÈME
NATURALLY AND ARTIFICIALLY FLAVORED

NET WT 33.0 OZ
(2.06 LBS/936g)

50g LEAN PROTEIN

3g Creapure® CREATINE MONOHYDRATE

125mg PROHYDROLASE® DIGESTIVE ENZYMES

PRE | DURING | POST

*FREE OF BANNED SUBSTANCES

NSF Certified for Sport® www.nsf.org

Supplement Facts

Serving Size ¾ Cup (78g) (approx 2 scoops)
Servings Per Container approx 12

	Amount Per Serving	%Daily Value*
Calories	280	
Calories from Fat	45	
Total Fat	5 g	8%*
Saturated Fat	2 g	10%*
Polyunsaturated Fat	1 g	
Monounsaturated Fat	2 g	
Cholesterol	45 mg	15%*
Total Carbohydrate	9 g	3%*
Dietary Fiber	1 g	4%*
Sugars	3 g	
Protein	50 g	100%*
Thiamin (as thiamine mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as nicainamide)	20 mg	100%
Vitamin B6 (as pyrodoxine hydrochloride)	4 mg	200%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	30 mcg	500%
Calcium	700 mg	70%
Phosphorus	600 mg	60%
Chromium (as chromium chloride)	120 mcg	100%
Sodium	150 mg	6%
Potassium	510 mg	15%
L-Glutamine	4 g	**
L-Leucine	4 g	**
Leucine-Enriched Whey Peptides (PepForm®)	1 g	**
Creatine Monohydrate (Creapure®)	3 g	**
Betaine Anhydrous	2.5 g	**
Beta-Alanine (CarnoSyn®)	1 g	**
Protease Enzymes (ProHydrolase®)	125 mg	**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
**Percent Daily Value not established.

GLUTEN FREE

OTHER INGREDIENTS
SUSTAINED RELEASE PROTEIN BLEND (MILK PROTEIN ISOLATE, CALCIUM SODIUM CASEINATE, MICELLAR CASEIN), RAPID RELEASE PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, WHEY PROTEIN HYDROLYSATE, WHEY PROTEIN ISOLATE, LACTOFERRIN), NATURAL AND ARTIFICIAL FLAVORS, SUNFLOWER OIL, MALTODEXTRIN, CHOCOLATE COOKIES PIECES (RICE FLOUR, SUGAR, TAPIOCA STARCH, PALM OIL, ALKALIZED COCOA POWDER, CORN STARCH, SALT, NATURAL FLAVOR, SODIUM BICARBONATE; SOY LECITHIN), INULIN, POTASSIUM CHLORIDE, SOY LECITHIN, CANOLA OIL, MEDIUM CHAIN TRIGLYCERIDES, ACESULFAME POTASSIUM, GUM BLEND (CELLULOSE GUM, XANTHAN GUM, CARRAGEENAN), SUCRALOSE, STEVIA EXTRACT.

CONTAINS INGREDIENTS DERIVED FROM MILK AND SOY.

THIS PRODUCT IS MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, WHEAT AND EGGS.

FOR INFORMATION ON CYTOSPORT PRODUCTS OR TO REPORT ADVERSE EFFECTS CALL 1-888-298-6629 OR EMAIL PRODUCTQUESTIONS@CYTOSPORT.COM
CYTOSPORT, BENICIA, CA 94510
WWW.CYTOSPORT.COM
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PLEASE RECYCLE

MADE IN USA

L-79050-REV08.01/14

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NUTRITION HIGHLIGHTS

PROTEIN	CALORIES	CARBS	CREATINE
50g	280	9g	3g
L-GLUTAMINE & GLUTAMINE PRECURSORS	L-LEUCINE	L-ISOLEUCINE	L-VALINE
11.8g††	8.0g††	2.2g††	2.4g††

†† Includes amino acids from complete proteins

DIRECTIONS and USE

Mix 2 scoops (78g) into 16 fl-oz water

RECOMMENDED USAGE FOR INDIVIDUALS LOOKING TO BUILD SIZE AND GAIN MUSCLE MASS: Mix ¾ cup (78g) (2 rounded scoops) into 16 fl. oz. / day.

NOTICE: Consume within 15-20 minutes after mixing with water to prevent flavor degradation from the action of the digestive enzymes.

MONSTER MILK can be used either before workouts, after workouts or prior to bed time. Individual nutritional requirements vary depending on gender, body weight, level of activity and exercise/training intensity. CytoSport products complement a smart eating and hydration plan, that when combined with a balanced exercise or resistance training program, may contribute to weight management and recovery from exercise.[1] Use as part of a well-balanced diet that includes whole foods and other protein sources. **NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.**

ProHydrolase® is a registered trademark of Deerland Enzymes, Inc.
PepForm® is a registered trademark of Glanbia PLC.
Creapure® is a licensed registered trademark of AlzChem Trostberg GmbH
Licensed under one or more of U.S. Pat. Nos. 5,965,596, 6,426,361 and 7,504,376, each of which is owned by Natural Alternatives International, Inc. (NAI). NAI is also the owner of the registered trademark CarnoSyn®.

**Our products are tested for athletic banned substances in compliance with the NSF International Certified for Sport® program, which includes semi-annual facility audits, verifying that no NSF 306-Certification Guideline Annex A List banned substances exist in our facility.*

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, prevent or diagnose any disease.