

DIRECTIONS & USE

MIX 4 SCOOPS (205g) INTO 16 FL-OZ WATER

x4 (205g)

16 FL-OZ OF WATER

Mix 4 scoops (205g) with 16 fl-oz of water. MONSTER MASSIVE™ Protein Supplement Mix 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.†

50G PROTEIN PER SERVING

The proteins in MONSTER MASSIVE™ Protein Supplement Mix can help facilitate muscle growth after exercise by enhancing muscle protein synthesis and inhibiting muscle protein breakdown.†

NSF Certified for Sport® www.nsf.org

*FREE OF BANNED SUBSTANCES

NSF screens supplements for more than 200 substances banned by most major athletic organizations. The main components of NSF's certification program are label claim review, a toxicology review to certify the formulation and contaminant review to ensure against contaminants. nsfsport.com

ProHydrolase® Patented protease enzymes can assist with the breakdown and digestion of proteins.†

NUTRIENT SUMMARY PER SERVING

50G PROTEIN TOTAL FROM: 25G OF MILK PROTEIN ISOLATE 15G OF WHEY PROTEIN CONCENTRATE 10G OF MICELLAR CASEIN

A source of both more slowly digested (casein) and rapidly digested (whey) proteins.†

See Supplemental Facts for Cholesterol Content.

1G ADDED L-LEUCINE This amino acid helps stimulate muscle protein synthesis at the cellular level.†

2G ADDED L-GLUTAMINE Most abundant amino acid in muscle tissue.

CARB BOOST Carbohydrates help replenish muscle glycogen, fuel for exercising muscles.†

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.

MONSTER
MASSIVE™

PROTEIN SUPPLEMENT MIX

- PREPARE
- TRAIN
- RECOVER

CYTOSPORT MONSTER SERIES™

NET WT 4.6 LBS (2100G)

VANILLA
NATURALLY AND ARTIFICIALLY FLAVORED

50G PROTEIN PER SERVING
810 CALORIES PER SERVING

SEE SUPPLEMENT FACTS FOR CHOLESTEROL CONTENT

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Supplement Facts

Serving Size 4 scoops (205g)		
Servings Per Container About 10		
	Amount Per Serving	%DV
Calories	810	
Calories from Fat	110	
Total Fat	12 g	18%*
Saturated Fat	3 g	15%*
Polyunsaturated Fat	1 g	**
Monounsaturated Fat	7 g	**
Cholesterol	65 mg	22%*
Total Carbohydrate	125 g	42%*
Sugars	8 g	**
Protein	50 g	100%*
Vitamin A (as Vitamin A Palmitate)	1750 IU	35%
Vitamin C (as Ascorbic Acid)	21 mg	35%
Vitamin D (as Cholecalciferol)	140 IU	35%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	10.5 IU	35%
Thiamin (as Thiamine Mononitrate)	0.53 mg	35%
Riboflavin	0.6 mg	35%
Niacin (as Niacinamide)	7 mg	35%
Vitamin B6 (as Pyridoxine Hydrochloride)	0.7 mg	35%
Folate (as Folic Acid)	140 mcg	35%
Vitamin B12 (as Cyanocobalamin)	2.1 mcg	35%
Biotin	105 mcg	35%
Pantothenic Acid (as d-Calcium Pantothenate)	3.5 mg	35%
Calcium	1000 mg	100%
Iron (as Ferrous Fumarate)	6.3 mg	35%
Phosphorus	650 mg	65%
Iodine (as Potassium Iodide)	67.5 mcg	45%
Magnesium	200 mg	50%
Zinc (as Zinc Oxide)	5.3 mg	35%
Copper (as Copper Gluconate)	0.7 mg	35%
Chromium (as Chromium Chloride)	96 mcg	80%
Sodium	180 mg	8%
Potassium	600 mg	17%
L-Glutamine	2 g	**
L-Leucine	1 g	**
ProHydrolase® (protease enzymes from <i>Bacillus</i> sp. and <i>Ananas comosus</i>)	125 mg	**

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

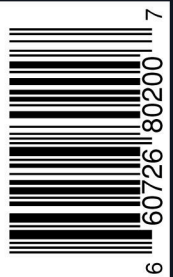
OTHER INGREDIENTS: Maltodextrin, Milk Protein Isolate, Whey Protein Concentrate (Milk), Micellar Casein (Milk), Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate (A Milk Derivative), Mono- and Diglycerides, Tocopherols), Canola Oil, Natural and Artificial Flavors, Medium Chain Triglycerides, Potassium Chloride, Magnesium Oxide, Soy Lecithin, Acesulfame Potassium, Natural and Artificial Flavors, Sucralose, Stevia Extract.

Produced for CytoSport, Inc., Benicia, CA 94510

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

GLUTEN FREE

† 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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