

## DIRECTIONS & USE

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



\*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



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

## NUTRIENT SUMMARY

**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.

## WHAT ARE YOU GETTING? CHECK THIS OUT...

**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. **Z** 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



NET WT 4.6 LBS (2100G)

**COOKIES 'N CRÈME**  
NATURALLY AND ARTIFICIALLY FLAVORED

**50G**  
PROTEIN  
PER SERVING

**810**  
CALORIES  
PER SERVING



SEE SUPPLEMENT FACTS  
FOR CHOLESTEROL CONTENT

## 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                                                                  | 6 g                | **    |
| Cholesterol                                                                          | 65 mg              | 22%*  |
| Total Carbohydrate                                                                   | 125 g              | 42%*  |
| Sugars                                                                               | 5 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), Natural and Artificial Flavors, Chocolate Cookie Pieces (Rice Flour, Sugar, Alkalized Cocoa Powder, Tapioca Starch, Palm Oil, Corn Starch, Natural Flavors, Salt, Sodium Bicarbonate, Soy Lecithin), Canola Oil, Medium Chain Triglycerides, Potassium Chloride, Magnesium Oxide, Soy Lecithin, Acesulfame Potassium, 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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