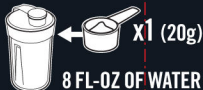


DIRECTIONS & USE

MIX 1 SCOOP (20g)
INTO 8 FL-OZ WATER



CarnoSyn®
Carnosine Synthesizer
BETA-ALANINE



*FREE OF
BANNED
SUBSTANCES

PUREENERGY

**NUTRIENT
SUMMARY
PER SERVING**

3G
L-CITRULLINE

Promotes an increase in nitric
oxide donors.†

150MG
CAFFEINE

Helps enhance
mental focus.†

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

Mix 1 scoop (20g) with 8 fl-oz of water. MONSTER INITIATE™
Supplement Mix can be used before and during workouts.

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.†

Rate limiting factor for carnosine production which can
act as a buffer to reduce acidity in muscle during high
intensity exercise.†

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 ingredient that combines caffeine with pTeroPure®
pterostilbene in a unique co-crystal structure that is
designed to deliver caffeine to the bloodstream more
efficiently than caffeine by itself.†



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.

NET WT 21.2 OZ (1.3 LBS / 600G)

MONSTER

INITIATE™

CAFFEINATED PRE-WORKOUT
AMINO ACID SUPPLEMENT MIX

► PREPARE
► TRAIN
RECOVER



**CYTOSPORT
MONSTER
SERIES™**

BLUE RASPBERRY
NATURALLY & ARTIFICIALLY FLAVORED

3G
L-CITRULLINE
PER SERVING

2G
CARNOSYN®
BETA-ALANINE
PER SERVING



*FREE OF
BANNED
SUBSTANCES

Supplement Facts

Serving Size 1 scoop (20g)
Servings Per Container 30

	Amount Per Serving	%DV
Calories	30	
Total Carbohydrate	8 g	3%*
Dietary Fiber	3 g	12%*
Vitamin C (as Ascorbic Acid)	250 mg	420%
Vitamin B6 (as Pyridoxal-5-phosphate)	5 mg	250%
Vitamin B12 (as Cyanocobalamin)	60 mcg	1000%
Calcium	40 mg	4%
Sodium	10 mg	<1%
Potassium	100 mg	3%
Betaine Anhydrous	2 g	**
Caffeine (from caffeine anhydrous and Purenergy™ caffeine pterostilbene cocrystal)	150 mg	**
CarnoSyn® Beta-Alanine	2 g	**
Glucuronolactone	300 mg	**
L-Citrulline	3 g	**
L-Leucine	2 g	**
Taurine	500 mg	**

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

† 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.

OTHER INGREDIENTS: Soluble Corn Fiber, Maltodextrin,
Citric Acid, Natural and Artificial Flavors, Malic Acid,
Potassium Citrate, TriCalcium Phosphate, Fruit and
Vegetable Extract (Added for Color), Sucralose,
Acesulfame Potassium, Sodium Citrate, Silicon Dioxide
(Anti-caking Agent), Dimethylpolysiloxane (Prevents
Foaming), Carmine Powder (Added for Color).

Produced for CytoSport, Inc., Benicia, CA 94510

CarnoSyn® trademark and patents owned by Natural
Alternatives International, Inc., carnosyn.com

Purenergy™ and pTeroPure® are trademarks of
ChromaDex, Inc., Patents: See ChromaDex.com

GLUTEN FREE

For Information on CytoSport Products
call 1-888-298-6629 or email
productquestions@cytosport.com
CYTOSPORTMONSTER.COM
©2015 CytoSport, Inc.



L-80270-REV01.03/15
62021 S1097738-01

