

DIRECTIONS & USE

MIX 1 SCOOP (10g)
INTO 8 FL-OZ WATER OR
BEVERAGE OF CHOICE.



x1
(10g)

8 FL-OZ OF WATER
OR BEVERAGE
OF CHOICE

Mix 1 scoop (10g) with 8 fl-oz of water or beverage of choice. MONSTER CREATINE™ Supplement Mix can be used before or after workouts.

Recommended **Creatine Loading Dose:** For first 5-7 days of use take 1 serving (10g) with 8 fl-oz of water (or beverage of choice) four times daily.

Recommended **Creatine Maintenance Dose:** After loading phase consume 1 serving (10g) with 8 fl-oz of water (or beverage of choice) once daily for 5-8 weeks.

When taking any creatine supplement it is important to stay well hydrated.

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.†

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

Creapure®

Patented pure creatine monohydrate.

NUTRIENT
SUMMARY
PER SERVING

WHAT ARE YOU GETTING? CHECK THIS OUT...

5G

CREAPURE®
CREATINE
MONOHYDRATE

Helps fuel muscles to enhance your workout and to help build strength and lean muscle. Works at the cellular level to promote strength, power and endurance during your workout. Helps regenerate ATP to help fuel muscular contractions.†

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.

NET WT 17.6 OZ (1.1 LBS / 500G)

MONSTER

CREATINE™

CREATINE SUPPLEMENT MIX

► PREPARE
TRAIN
► RECOVER



CYTOSPORT
MONSTER
SERIES™

WATERMELON
NATURALLY & ARTIFICIALLY FLAVORED

5G

CREAPURE®
CREATINE MONOHYDRATE
PER SERVING

NSF

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Supplement Facts

Serving Size 1 scoop (10g)
Servings Per Container 50

	Amount Per Serving	%DV
Calories	15	
Total Carbohydrate	4 g	1%*
Sodium	80 mg	3%
Potassium	210 mg	6%
Creapure® Creatine Monohydrate	5 g	**

*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.



For Information on CytoSport Products
call 1-888-298-6629 or email
productquestions@cytosport.com
CYTOSPORTMONSTER.COM
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OTHER INGREDIENTS:
Maltodextrin, Citric
Acid, Potassium Citrate,
Malic Acid, Natural and
Artificial Flavors,
Sodium Citrate,
Acesulfame Potassium,
Sucralose, Carmine
(Added for Color).

Produced for
CytoSport, Inc.,
Benicia, CA 94510

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GmbH.

GLUTEN FREE

