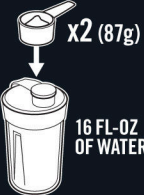


DIRECTIONS & USE

MIX 2 SCOOPS (87g) INTO 16 FL-OZ WATER



Mix 2 scoops (87g) with 16 fl-oz of water. MONSTER MILK® 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

NSF

Certified for Sport®

*FREE OF BANNED SUBSTANCES

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

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 TOTAL PROTEIN

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

- TOTAL PROTEIN FROM: 15G WHEY PROTEIN ISOLATE, 15G MILK PROTEIN ISOLATE, 10G MICELLAR CASEIN, 5G WHEY PROTEIN CONCENTRATE, 5G HYDROLYZED WHEY PEPTIDES

- 3G CREAPURE® CREATINE MONOHYDRATE, 1G CARNOSYN® BETA-ALANINE

- 1G ADDED L-LEUCINE

Supports muscle mass and strength.†

This amino acid helps stimulate muscle protein synthesis at the cellular level. †

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

MILK®

PROTEIN SUPPLEMENT MIX

- PREPARE
- TRAIN
- RECOVER

CYTOSPORT MONSTER SERIES™

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

NET WT 4.8 LBS (2177G)



MONSTER

MILK®

50G PROTEIN PER SERVING

3G CREAPURE® CREATINE MONOHYDRATE PER SERVING

125MG PROHYDROLASE® DIGESTIVE ENZYMES PER SERVING

NSF Certified for Sport®

*FREE OF BANNED SUBSTANCES

Supplement Facts

Serving Size 2 scoops (87g)
Servings Per Container About 25

	Amount Per Serving	%DV
Calories	280	
Calories from Fat	35	
Total Fat	4 g	6%*
Saturated Fat	1.5 g	8%*
Cholesterol	45 mg	15%*
Total Carbohydrate	12 g	4%*
Dietary Fiber	2 g	8%*
Sugars	3 g	**
Protein	50 g	100%*
Thiamin (as Thiamine Mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride)	4 mg	200%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	30 mcg	500%
Calcium	700 mg	70%
Iron	0.36 mg	2%
Phosphorus	400 mg	40%
Magnesium	40 mg	10%
Chromium (as Chromium Chloride)	120 mcg	100%
Sodium	180 mg	8%
Potassium	700 mg	20%
L-Glutamine	4 g	**
L-Leucine	1 g	**
Leucine-Enriched Whey Peptides (PepForm®)	1 g	**
Creatine Monohydrate (Creapure®)	3 g	**
Betaine Anhydrous	2.5 g	**
Beta-Alanine (CarnoSyn®)	1 g	**
ProHydrolase® (protease enzymes from Bacillus sp. and Ananas comosus)	125 mg	**

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

OTHER INGREDIENTS: Milk Protein Isolate, Whey Protein Isolate (Milk), Micellar Casein (Milk), Whey Protein Concentrate (Milk), Whey Protein Hydrolysate (Milk), Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate (A Milk Derivative), Mono- and Diglycerides, Tocopherols), Natural and Artificial Flavors, Maltodextrin, Inulin, Oat Fiber, Potassium Chloride, Canola Oil, Acesulfame Potassium, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Soy Lecithin, Sucralose, Stevia Extract.

Produced for CytoSport, Inc., Benicia, CA 94510

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Creapure® is a licensed registered trademark of AlzChem Trostberg GmbH

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

† 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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