TO BUILD MONSTER MUSCLE YOU NEED MONSTER MASS™

SIGNIFICANT SCIENTIFIC STUDIES NOW CONFIRM WHAT ATHLETES HAVE ALWAYS KNOWN. FASTER, MORE LASTING MUSCULAR GAINS SEEM TO OCCUR WHEN TAKING EXTRA PROTEIN. MUSCLE GROWTH IS HIGHER WHEN PROTEIN INTAKE IS HIGHER.

MONSTER MASS is the most powerful, yet easily digestible, mass building protein in history. Although it tastes like an ultra-rich milk shake, **MONSTER MASS's** 600+ calorie advanced protein and carbohydrate system makes it the ultimate nutritional tool. When combined wth high intensity weight training it helps you build monster size muscle.

FAST & SLOW PROTEINS:

MONSTER MASS delivers the biggest blast of multi-source *sustained release* in history. Rapid-releasing anabolic whey, glutamine peptides and free form BCAA's are complemented by slower, anti-catabolic caseins and other complete milk protein isolates. This powerful combination of fast and slow proteins create the optimum *anabolic window* that lasts for hours.

SUPER EASY TO DIGEST:

Our strategic use of Aminogen® *(Patented Bio-Active Polypeptide Enzyme System),* bromelain, papain and lactase ensures extreme ease of digestion. Thee enzymes ensure the protins in **MONSTER MASS** are delivered as free-form amino acids and small peptide chains to ensure maximum uptake and absorption. Plus, **MONSTER MASS** is 98% lactose free making it even easier to digest. While **MONSTER MASS** may be the most powerful mass building protein in the world, *it's still easy on your stomach.*

BOOST YOUR NITROGEN BALANCE:

MONSTER MASS helps create positive nitrogen balance, the gold standard of anabolic potential. **MONSTER MASS** provides high levels of essential amino acids to bathe muscle fibers in an *anabolic soup* to stimulate protein synthesis and muscle growth (hypertrophy).

MONSTER FEATURES:

50 GRAMS MULTI-SOURCE PROTEIN MATRIX

Completeness and balance to the extreme! Featuring Whey Concentrates, Whey Isolates, Isolated Milk Protein, Caseinates, Lactoferrin, L-Glutamine, Glutamine Peptides and free form BCAA's L-Valine, L-Leucine, L-Isoleucine.

50 GRAMS OF DIGESTIBLE PROTEIN

250 mg of Aminogen® (a patented bio-enzyme proteolytic digestive system), bromelain, and papain ensure the breakdown of proteins into absorbable peptides.

MONSTER COMPLEX CARBOHYRATES

Waxy Maize Starch and Maltodextrin provide massive amounts of glucose energy to fuel muscle growth and recovery. These complex carbs trigger the insulin response necessary to really drive protein utilization and amino acid uptake.

LEANLIPIDS™ PLUS

Calorically dense Sunflower and/or Safflower oil, Medium Chain Triglycerides, Canola Oil and Conjugated Linolenic Acid (CLA) are excellent sources of energy for muscle growth.

THIS STUFF REALLY IS MONSTER. DO NOT USE WITH CAUTION. BE A MONSTER.

79520-rev1.02/09

NEW!
FROM THE MAKERS OF MUSCLE MILK®

INCREASE LEAN MUSCLE MASS

•

600+ MUSCLE FUELING CALORIES

•

98% LACTOSE FREE

•

EASY TO DIGEST

NET. WT. 5.95 lbs. (2700g)

MONSTER MASS™

NATURE'S ULTIMATE MONSTER MASS BUILDER

50g PROTEIN Per Serving

CHOCOLATE

Naturally and Artificially Flavored

PROTEIN SUPPLEMENT w/ADDED VITAMINS and MINERALS

CYTOSPORT

WAXY MAIZE STARCH

•

BCAA'S GLUTAMINE PEPTIDES L-GLUTAMINE

•

LEAN LIPIDS PLUS

Supplement Facts

Serving size 4 scoops (150g)
Servings per container 18

Amount Per Serving	
Calories 630	Calories from Fat 160
	% Daily Value*
Total Fat 18g	**28%**
Saturated Fat 7g	**35%**
Cholesterol 125mg	**41%**
Total Carbohydrate 67g	**22%**
Dietary Fiber 9g	**36%**
Sugars 7g	**
Protein 50g	**100%**
Vitamin A 1750 IU (as vitamin A palmitate)	35%
Vitamin C 21mg (as ascorbic acid)	35%
Vitamin D 140 IU (as cholecalciferol)	35%
Vitamin E 11 IU (as thiamin mononitrate)	35%
Thiamin 0.5mg (as thiamin mononitrate)	35%
Riboflavin 0.6mg	35%
Niacin 7mg (as niacinamide)	35%
Vitamin B6 0.7mg (as pyridoxine hydrochloride)	35%
Folate 140mcg (as folic acid)	35%
Vitamin B12 2.1mcg (as cyanocobalamin)	35%
Biotin 105mcg (as thiamin mononitrate)	35%
Pantothenic Acid 4mg (as thiamin mononitrate)	35%
Calcium 350mg (as di-calcium phosphate)	35%
Iron 6mg (as ferrous fumerate)	35%
Phosphorous 350mg (as di-calcium phosphate)	35%
Iodine 53mcg (as potassium iodide)	35%
Magnesium 140mg (as magnesium oxide)	35%
Zinc 5mg (as zinc oxide)	35%
Copper 0.7mg (as copper gluconate)	35%
Chromium 96mcg (as chromium nicotinate)	80%
Sodium 240mg	10%
Potassium 1470mg	42%

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

INGREDIENTS

MONSTER MASS SUSTAINED RELEASE THRESHOLD CONTROLLED PROTEIN MATRIX (WHEY PROTEIN CONCENTRATE RICH IN ALPHA LACTALBUMIN, WHEY PROTEIN ISOLATE, CALCIUM AND SODIUM CASEINATE, MILK PROTEIN ISOLATE, MICELLAR CASEIN, WHEY PEPTIDES, HYDROLYZED WHEAT GLUTEN (GLUTAMINE PEPTIDES), L-GLUTAMINE, LACTOFERRIN, L-LEUCINE, L-ISOLEUCINE, L-VALINE), MALTODEXTRIN, LEAN LIPIDS™ PLUS (SUNFLOWER AND/OR SAFFLOWER OIL, MEDIUM CHAIN TRIGLYCERIDES (MCT'S),CANOLA OIL, CONJUGATED LINOLENIC ACID (CLA)), WAXY MAIZE STARCH, NATURAL AND ARTIFICIAL FLAVORS, DIGESTIVE RESISTANT MALTODEXTRIN (SOLUBLE DIETARY FIBER), FRUCTO-OLIGOSACCHARIDES, POTASSIUM CHLORIDE, ACESULFAME POTASSIUM, AMINOGEN®, SUCRALOSE, SOY LECITHIN, BROMELAIN, PAPAIN, LACTASE.

ALLERGEN STATEMENT: THIS PRODUCT CONTAINS INGREDIENTS DERIVED FROM MILK AND SOY.

This product is manufactured in a facility that processes milk, soy, wheat and eggs.

DIRECTIONS

Take **MONSTER MASS** anytime you would enjoy a shake or gainer, but want a better tasting, more anabolic formula. Mix four scoops in 18-20 fl. oz. water.

BEFORE WORKOUTS

To help fuel your workout, use **MONSTER MASS** 45-60 minutes prior.

AFTER WORKOUTS

15-30 minutes after workouts your body's growth window is open, use **MONSTER MASS** at this time to maximize the benifits of your workout.

PRIOR TO BED

Sleep is actually a catabolic period. Use **MONSTER MASS** before bed to wake up more anabolic.

AMINOGEN®

Aminogen is a registered trademark of Triarco Industries

CYTOSCIENCE™

Intense exercise causes a dramatic rise in free radicals and a simultaneous depletion of the amino acid pool, particularly L-glutamine. These events cause inflammation, damage to muscle tissue, protein catabolism, and fatigue. Lactoferrin helps your body fight free radical damage, while the rich, extended amino acid pool concentration, supported by caseinates and an abundance of L-glutamine, assure the availability of these nutrients critical to muscle tissue repair and recovery.

GRAMS OF AMINO ACIDS PER 100g PROTEIN

ESSENTIAL AMINO ACIDS

L-Leucine (BCAA)	10.1g
L-Isoleucine (BCAA)	5.5g
L-Valine (BCAA)	6.0g
L-Lysine	8.3g
L-Threonine	5.1g
L-Methionine	2.4g
L-Phenylalanine	4.2g
L-Tryptophan	1.4g

CONDITIONALLY ESSENTIAL AMINO ACIDS

L-Arginine	2.5g
L-Histidine	2.4g

NON-ESSENTIAL AMINO ACIDS

L-Alanine	3.6g
L-Aspartic Acid	7.7g
L-Glutamic Acid	19.6g
L-Glycine	1.7g
L-Proline	8.9g
L-Serine	4.9g
L-Tyrosine	4.3g
L-Cysteine	7.0g

MADE IN USA

For information on
CytoSport quality products,
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