

DIRECTIONS & USE

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



50G
PROTEIN
PER SERVING



*FREE OF BANNED SUBSTANCES

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

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. **X** 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.

3G CREAPURE®
CREATINE MONOHYDRATE Supports
muscle mass
and strength.†

1G CARNOSYN®
BETA-ALANINE

1G ADDED L-LEUCINE

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

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

NET WT 41.6 OZ (2.6 LBS / 1179G)

PROTEIN SUPPLEMENT MIX

► PREPARE
TRAIN
► RECOVER



MONSTER MILK®

PROTEIN SUPPLEMENT MIX

► PREPARE
TRAIN
► RECOVER



VANILLA
NATURALLY AND ARTIFICIALLY FLAVORED

50G
PROTEIN
PER SERVING

3G
CREAPURE®
CREATINE MONOHYDRATE
PER SERVING

125MG
PROHYDROLASE®
DIGESTIVE ENZYMES
PER SERVING



*FREE OF
BANNED
SUBSTANCES

Supplement Facts

Serving Size 2 scoops (87g)
Servings Per Container About 13

	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 <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.

†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
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productquestions@cytosport.com
CYTOSPORTMONSTER.COM
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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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