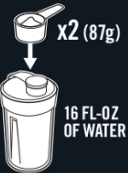


DIRECTIONS & USE

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

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.†



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

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.†

- 15G WHEY PROTEIN ISOLATE
- 15G MILK PROTEIN ISOLATE
- 10G MICELLAR CASEIN
- 5G WHEY PROTEIN CONCENTRATE
- 5G HYDROLYZED WHEY PEPTIDES

3G CREAMURE®
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. †

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. **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.

PROTEIN SUPPLEMENT MIX

► PREPARE
► TRAIN
► RECOVER



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

NET WT 41.6 OZ (2.6 LBS / 1179G)

MONSTER
MILK

BANANA
NATURALLY AND ARTIFICIALLY FLAVORED

50G
PROTEIN
PER SERVING

3G
CREAMURE®
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 g	5%*
Cholesterol	45 mg	15%*
Total Carbohydrate	12 g	4%*
Dietary Fiber	2 g	8%*
Sugars	4 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	260 mg	11%
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 call 1-888-298-6629 or email 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), Natural and Artificial Flavors, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate (A Milk Derivative), Mono- and Diglycerides, Tocopherols), 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
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