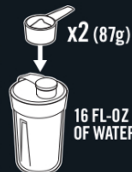


DIRECTIONS & USE

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



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

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

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. **✖** 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.

WHAT ARE YOU GETTING? CHECK THIS OUT...

3G CREAMPURE®
CREATINE MONOHYDRATE

Supports
muscle mass
and strength.†

Creapure®

1G CARNOSYN®
BETA-ALANINE

Carnosyn
Carnosine Synthetizer

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

✖ CYTOSPORT
MONSTER
SERIES™

**PEANUT BUTTER
CHOCOLATE**

NATURALLY AND ARTIFICIALLY FLAVORED

Supplement Facts

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

	Amount Per Serving	%DV
Calories	280	
Calories from Fat	25	
Total Fat	3 g	5%*
Saturated Fat	1.5 g	8%*
Cholesterol	45 mg	15%*
Total Carbohydrate	12 g	4%*
Dietary Fiber	3 g	12%*
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	1.1 mg	6%
Phosphorus	400 mg	40%
Magnesium	60 mg	15%
Chromium (as Chromium Chloride)	120 mcg	100%
Sodium	280 mg	12%
Potassium	900 mg	25%

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, Alkalinized Cocoa Powder, Non Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate (A Milk Derivative), Mono- and Diglycerides, Tocopherols), Inulin, Oat Fiber, Potassium Chloride, Canola Oil, Acesulfame Potassium, Salt, 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



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