

DIRECTIONS & USE

MIX 4 SCOOPS
(205g) INTO 16
FL-OZ WATER



50G
PROTEIN
PER SERVING



*FREE OF BANNED SUBSTANCES



NUTRIENT
SUMMARY
PER SERVING

50G
PROTEIN
TOTAL FROM:
25G OF MILK PROTEIN ISOLATE
15G OF WHEY PROTEIN CONCENTRATE
10G OF MICELLAR CASEIN

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

See Supplemental Facts for Cholesterol Content.

Mix 4 scoops (205g) with 16 fl-oz of water.
MONSTER MASSIVE™ 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.†

The proteins in MONSTER MASSIVE™ 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

Patented protease enzymes can assist with
the breakdown and digestion of proteins.†



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...

1G
ADDED
L-LEUCINE

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

2G
ADDED
L-GLUTAMINE

Most abundant amino acid in
muscle tissue.

CARB
BOOST

Carbohydrates help replenish
muscle glycogen, fuel for
exercising muscles.†

PROTEIN SUPPLEMENT MIX

► PREPARE
TRAIN
► RECOVER



CYTOSPORT
MONSTER
SERIES

NET WT 4.6 LBS (2100G)



MONSTER

MASSIVE™

50G
PROTEIN
PER SERVING

810
CALORIES
PER SERVING



*FREE OF
BANNED
SUBSTANCES

VANILLA

NATURALLY AND ARTIFICIALLY FLAVORED

Supplement Facts

Serving Size 4 scoops (205g)
Servings Per Container About 10

	Amount Per Serving	%DV
Calories	810	
Calories from Fat	110	
Total Fat	12 g	18%*
Saturated Fat	3 g	15%*
Polyunsaturated Fat	1 g	**
Monounsaturated Fat	7 g	**
Cholesterol	65 mg	22%*
Total Carbohydrate	125 g	42%*
Sugars	8 g	**
Protein	50 g	100%*
Vitamin A (as Vitamin A Palmitate)	1750 IU	35%
Vitamin C (as Ascorbic Acid)	21 mg	35%
Vitamin D (as Cholecalciferol)	140 IU	35%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	10.5 IU	35%
Thiamin (as Thiamine Mononitrate)	0.53 mg	35%
Riboflavin	0.6 mg	35%
Niacin (as Niacinamide)	7 mg	35%
Vitamin B6 (as Pyridoxine Hydrochloride)	0.7 mg	35%
Folate (as Folic Acid)	140 mcg	35%
Vitamin B12 (as Cyanocobalamin)	2.1 mcg	35%
Biotin	105 mcg	35%
Pantothenic Acid (as d-Calcium Pantothenate)	3.5 mg	35%
Calcium	1000 mg	100%
Iron (as Ferrous Fumarate)	6.3 mg	35%
Phosphorus	650 mg	65%
Iodine (as Potassium Iodide)	67.5 mcg	45%
Magnesium	200 mg	50%
Zinc (as Zinc Oxide)	5.3 mg	35%
Copper (as Copper Gluconate)	0.7 mg	35%
Chromium (as Chromium Chloride)	96 mcg	80%
Sodium	180 mg	8%
Potassium	600 mg	17%

L-Glutamine	2 g	**
L-Leucine	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.

OTHER INGREDIENTS: Maltodextrin, Milk Protein Isolate,
Whey Protein Concentrate (Milk), Micellar Casein (Milk),
Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium
Caseinate (A Milk Derivative), Mono- and Diglycerides,
Tocopherols), Canola Oil, Natural and Artificial Flavors,
Medium Chain Triglycerides, Potassium Chloride,
Magnesium Oxide, Soy Lecithin, Acesulfame Potassium,
Natural and Artificial Flavors, Sucralose, Stevia Extract.
Produced for CytoSport, Inc., Benicia, CA 94510

ProHydrolase® is a registered trademark of Deerland Enzymes, Inc.

GLUTEN FREE

† 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.



1-80000-REV01 02/15
62197 S1097746-01

For Information on
CytoSport Products call
1-888-298-6629 or email
productquestions@cytosport.com
CYTOSPORTMONSTER.COM
©2015 CytoSport, Inc.

