

DIRECTIONS & USE

MIX 1 SCOOP (12g)
INTO 8 FL-OZ WATER



6:1:1
BCAAs

LEUCINE
ISOLEUCINE
VALINE

When used as part of your workout and recovery program the BCAAs can help promote muscle protein synthesis.†



*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

PepForm®
Leucine Peptides

Leucine peptides made from a proprietary process that binds free-form leucine to leucine peptides isolated from whey.

**NUTRIENT
SUMMARY
PER SERVING**

4.5G
L-LEUCINE
FROM PEPPORM® LEUCINE-
ENRICHED WHEY PEPTIDES
AND FREE-FORM L-LEUCINE

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

0.75G
L-ISOLEUCINE & L-VALINE
FROM PEPPORM® LEUCINE-ENRICHED
WHEY PEPTIDES AND FREE-FORM
L-ISOLEUCINE AND L-VALINE

These BCAAs, together with L-Leucine, can help enhance muscle growth and recovery after exercise.†

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.

NET WT 10.6 OZ (300G)

MONSTER

AMINO ACIDS

BRANCHED-CHAIN AMINO
ACID SUPPLEMENT MIX

► PREPARE
► TRAIN
► RECOVER



CYTOSPORT
MONSTER
SERIES™

GRAPE

NATURALLY & ARTIFICIALLY FLAVORED

6G
TOTAL BCAAs
PER SERVING

4.5G
L-LEUCINE
PER SERVING



*FREE OF
BANNED
SUBSTANCES

Supplement Facts

Serving Size 1 scoop (12g)
Servings Per Container 25

	Amount Per Serving	%DV
Calories	20	
Total Carbohydrate	3 g	1%*
Protein	2 g	2%*
Vitamin B6 (as Pyridoxal-5-Phosphate)	5 mg	250%
Sodium	50 mg	2%
Potassium	85 mg	2%

PepForm® Leucine-Enriched Whey Peptides	2 g	**
L-Leucine	3.7 g	**
L-Isoleucine	550 mg	**
L-Valine	550 mg	**
L-Citrulline	1 g	**

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

Typical Amino Acid Profile

L-Alanine	50 mg
L-Arginine	15 mg
L-Aspartic Acid	125 mg
L-Cystine	25 mg
L-Glutamic Acid	200 mg
L-Glycine	15 mg
L-Histidine	15 mg
L-Isoleucine	750 mg
L-Leucine	4,500 mg
L-Lysine	90 mg
L-Methionine	20 mg
L-Phenylalanine	30 mg
L-Proline	60 mg
L-Serine	50 mg
L-Threonine	75 mg
L-Tryptophan	20 mg
L-Tyrosine	30 mg
L-Valine	750 mg

OTHER INGREDIENTS: Natural and Artificial Flavors, Malic Acid, Citric Acid, Maltodextrin, Potassium Citrate, Sodium Citrate, Soy Oil and Lecithin Blend, Acesulfame, Potassium, Sucralose, Fruit and Vegetable Extract (Added for Color), Silicon Dioxide (Anti-caking Agent), Dimethylpolysiloxane (Prevents Foaming), Carmine (Added for Color).

Contains ingredients derived from Milk and Soy.

Produced for CytoSport, Inc., Walnut Creek, CA 94597

PepForm® is a registered trademark of Glanbia PLC.

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.

For Information on CytoSport Products
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PLEASE
RECYCLE