

## DIRECTIONS & USE

MIX 1 SCOOP  
(36g) INTO 8  
FL-OZ WATER

x1 (36g)

8 FL-OZ  
OF WATER

Mix 1 scoop (36g) with 8 fl-oz of water. MONSTER BLEND™ 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.†

**25G**  
PROTEIN  
PER SERVING

The proteins in MONSTER BLEND™ Supplement Mix can help facilitate muscle growth after exercise by enhancing muscle protein synthesis and inhibiting muscle protein breakdown.†

NSF

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

**15G**  
MILK PROTEIN  
FROM MILK PROTEIN ISOLATE

A source of both casein and whey proteins. Casein digests more slowly than the rapidly digested whey proteins.

**10G**  
WHEY PROTEIN  
FROM WHEY PROTEIN ISOLATE

A natural source of glutamine and the branched-chain amino acids: leucine, isoleucine, and valine.

**125 MG**  
PROHYDROLASE®  
DIGESTIVE ENZYMES

Supports the normal digestion of protein which yields peptides and amino acids, the building blocks of muscle protein.†

**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. **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.

## WHAT ARE YOU GETTING? CHECK THIS OUT...

MILK PROTEIN & WHEY  
PROTEIN ISOLATE  
SUPPLEMENT MIX

► PREPARE  
TRAIN  
► RECOVER

CYTOSPORT  
MONSTER  
SERIES™

**VANILLA**  
NATURALLY AND ARTIFICIALLY FLAVORED

**25G**  
PROTEIN  
PER SERVING

**125 MG**  
PROHYDROLASE®  
DIGESTIVE ENZYMES  
PER SERVING

NSF  
Certified for Sport  
www.nsf.org  
\*FREE OF  
BANNED  
SUBSTANCES

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

NET WT 60 OZ (3.75 LBS / 1701G)

## Supplement Facts

Serving Size 1 scoop (36g)  
Servings Per Container About 47

	Amount Per Serving	%DV
Calories	140	
Calories from Fat	20	
Total Fat	2 g	3%**
Cholesterol	15 mg	5%**
Total Carbohydrate	5 g	2%**
Dietary Fiber	1 g	4%**
Sugars	<1 g	**
Protein	25 g	50%**
Calcium	400 mg	40%**
Phosphorus	200 mg	20%**
Sodium	55 mg	2%**
Potassium	220 mg	6%**
L-Leucine	1 g	**
Protease Enzymes (ProHydrolase®)	125 mg	**

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

**OTHER INGREDIENTS:** Milk Protein Isolate, Whey Protein Isolate (Milk), Natural and Artificial Flavors, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate (A Milk Derivative), Mono- and Diglycerides, Tocopherols), Oat Fiber, Sunflower Oil, Medium Chain Triglycerides, Xanthan Gum, Potassium Chloride, Soy Lecithin, Acesulfame Potassium, Silicon Dioxide (Anti-caking Agent), Sucralose, Stevia Extract. Produced for CytoSport, Inc. Walnut Creek, CA 94597

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

†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.



L-80101-REV02.06/15  
5435 S1097710-02

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

