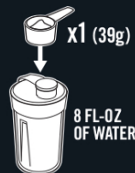


DIRECTIONS & USE

MIX 1 SCOOP
(39g) INTO 8
FL-OZ WATER



Mix 1 scoop (39g) 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

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

*FREE OF BANNED SUBSTANCES

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. †

WHAT ARE YOU GETTING? CHECK THIS OUT...

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.



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

NET WT 32 OZ (2 LBS / 907G)

MILK PROTEIN & WHEY PROTEIN ISOLATE SUPPLEMENT MIX

► PREPARE
TRAIN
► RECOVER



CYTOSPORT
MONSTER
SERIES™

CHOCOLATE

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



Supplement Facts

Serving Size 1 scoop (39g)
Servings Per Container About 23

	Amount Per Serving	%DV
Calories	150	
Calories from Fat	25	
Total Fat	2.5 g	4%*
Saturated Fat	0.5 g	3%*
Cholesterol	15 mg	5%*
Total Carbohydrate	6 g	2%*
Dietary Fiber	2 g	8%*
Sugars	1 g	**
Protein	25 g	50%*
Calcium	400 mg	40%
Iron	1 mg	6%
Phosphorus	250 mg	25%
Sodium	60 mg	3%
Potassium	380 mg	11%
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), Alkalized Cocoa Powder, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate (A Milk Derivative), Mono- and Diglycerides, Tocopherols), Oat Fiber, Natural and Artificial Flavors, 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.



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† 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
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