

## DIRECTIONS & USE

MIX 1 SCOOP  
(33g) INTO 8  
FL-OZ WATER



Mix 1 scoop (33g) with 8 fl-oz of water. MONSTER ISOLATE™ 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

MONSTER ISOLATE™ Supplement Mix is a healthy way to get the protein you need to aid exercise recovery and muscle growth.†

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

## NUTRIENT SUMMARY PER SERVING

**25G**  
PROTEIN  
FROM WHEY PROTEIN ISOLATE

100% of the 25g of protein comes from one source - whey protein isolate which is natural source of glutamine and the branched-chain amino acids (isoleucine, leucine and valine).†

**6G**  
BCAAs  
FROM WHEY PROTEIN ISOLATE

When used as part of your workout recovery the BCAAs can help promote muscle growth.†

**2.8G**  
L-LEUCINE  
FROM WHEY PROTEIN ISOLATE

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. **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.

WHEY PROTEIN ISOLATE  
SUPPLEMENT MIX

► PREPARE  
TRAIN  
► RECOVER

**CYTOSPORT  
MONSTER  
SERIES**

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

NET WT 4.4 LBS (2000G)

**VANILLA**  
NATURALLY AND ARTIFICIALLY FLAVORED

**25G**  
PROTEIN  
FROM WHEY PROTEIN ISOLATE  
PER SERVING

NSF

\*FREE OF  
BANNED  
SUBSTANCES

## Supplement Facts

Serving Size 1 scoop (33g)  
Servings Per Container About 60

|                    | Amount Per Serving | %DV  |
|--------------------|--------------------|------|
| Calories           | 130                |      |
| Calories from Fat  | 15                 |      |
| Total Fat          | 1.5 g              | 2%*  |
| Cholesterol        | 10 mg              | 3%*  |
| Total Carbohydrate | 3 g                | 1%*  |
| Dietary Fiber      | 1 g                | 4%*  |
| Sugars             | <1 g               |      |
| Protein            | 25 g               | 50%* |
| Calcium            | 100 mg             | 10%  |
| Phosphorus         | 60 mg              | 6%   |
| Sodium             | 80 mg              | 3%   |
| Potassium          | 420 mg             | 12%  |

\* Percent Daily Values (DV) based on a 2,000 calorie diet.

\*\*Percent Daily Value (DV) not established.

**INGREDIENTS:** Whey Protein Isolate (Milk), Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate (A Milk Derivative), Mono- and Diglycerides, Tocopherols), Oat Fiber, Natural and Artificial Flavors, Potassium Chloride, Soy Lecithin, Xanthan Gum, Acesulfame Potassium, Sucralose, Silicon Dioxide (Anti-caking Agent).

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

† 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-80401-REV02.06/15  
53339 S1097701-02

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