

DIRECTIONS & USE

MIX 1 SCOOP
(34g) INTO 8
FL-OZ WATER



Mix 1 scoop (34g) 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

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. nifsport.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.†

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. **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™**

CHOCOLATE
NATURALLY AND ARTIFICIALLY FLAVORED

25G
PROTEIN
FROM WHEY PROTEIN ISOLATE
PER SERVING

NSF
Certified for Sport

*FREE OF
BANNED
SUBSTANCES

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

NET WT 35.3 OZ (2.2 LBS / 1000G)

Supplement Facts

Serving Size 1 scoop (34g)
Servings Per Container About 29

	Amount Per Serving	%DV
Calories	130	
Calories from Fat	15	
Total Fat	1.5 g	2%*
Cholesterol	10 mg	3%*
Total Carbohydrate	4 g	1%*
Dietary Fiber	1 g	4%*
Sugars	<1 g	**
Protein	25 g	50%*
Calcium	100 mg	10%
Iron	0.36 mg	2%
Phosphorus	60 mg	6%
Sodium	80 mg	3%
Potassium	500 mg	14%

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

**Percent Daily Value (DV) not established.

INGREDIENTS: Whey Protein Isolate (Milk), Alkalinized Cocoa Powder, Oat Fiber, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate (A Milk Derivative), Mono- and Diglycerides, Tocopherols), 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.



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