

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™
Nutrition

*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.†

TRUTH POWER LIFE

IS SPORTS NUTRITION THAT STANDS FOR:

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.

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)

CHOCOLATE
NATURALLY AND ARTIFICIALLY FLAVORED

25G
PROTEIN
FROM WHEY PROTEIN ISOLATE
PER SERVING

NSF

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Supplement Facts

Serving Size 1 scoop (34g)
Servings Per Container About 58

	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
CYTOSPORT@MONSTER.COM
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