

DIRECTIONS & USE

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



Mix 1 scoop (39g) with 8 fl-oz of water. MONSTER WHEY™ 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 WHEY™ Supplement Mix provides high quality protein to aid exercise recovery and muscle growth.†

NSF

Certified for Sport
Nutrition

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
CONCENTRATE

Provides fast delivery of muscle building amino acids.†

2.7G
L-LEUCINE
FROM WHEY PROTEIN
CONCENTRATE

This amino acid helps stimulate muscle protein synthesis at the cellular level.†

6G BCAAs
FROM WHEY PROTEIN
CONCENTRATE

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

See Supplement Facts for cholesterol content.

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. **✖** 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 4.4 LBS (2000G)

WHEY PROTEIN SUPPLEMENT MIX

► PREPARE
TRAIN
► RECOVER



CYTOSPORT
MONSTER
SERIES

VANILLA

NATURALLY AND ARTIFICIALLY FLAVORED

25G
PROTEIN
FROM WHEY PROTEIN
CONCENTRATE
PER SERVING

SEE SUPPLEMENT FACTS
FOR CHOLESTEROL CONTENT

NSF

Certified for Sport
Nutrition

*FREE OF
BANNED
SUBSTANCES

Supplement Facts

Serving Size 1 scoop (39g)
Servings Per Container About 51

	Amount Per Serving	%DV
Calories	150	
Calories from Fat	25	
Total Fat	3 g	5%*
Saturated Fat	2 g	10%*
Cholesterol	65 mg	22%*
Total Carbohydrate	6 g	2%*
Dietary Fiber	1 g	4%*
Sugars	2 g	**
Protein	25 g	50%*
Calcium	150 mg	15%
Iron	0.4 mg	2%
Phosphorus	100 mg	10%
Sodium	90 mg	4%
Potassium	480 mg	14%

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

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

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-80451-REV02.06/15
53946 S1099705-02

For information on Cytosport Products call 1-888-298-6629 or email productquestions@cytosport.com
CYTOSPORTMONSTER.COM
©2015 Cytosport, Inc.

