

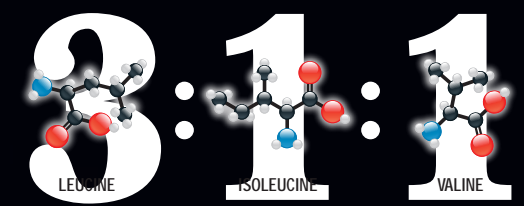
MASS GAINING FORMULA WITH mTOR ACTIVATORS

Science confirms what athletes have always known: high quality calories and protein intake is linked to muscle size and strength. **MONSTER MASS™** is a macronutrient dense gainer designed to maximize lean mass gains.**

BUILDING ATHLETES FROM THE INSIDE OUT™



50% MORE LEUCINE†
MONSTER MASS is fortified with 4 grams of added L-Leucine to drive an industry leading **3:1:1 Ratio** of BCAAs



Recent university research shows that Leucine enriched beverages consumed with exercise synergistically activates and prolongs activity of **mTOR** signaling pathway, which increases muscle anabolic potential (muscle growth)**.1,2,3
†† Monster Mass contains 50+% more leucine per gram protein than typical protein powders.

TYPICAL AMINO ACID PROFILE per 4 scoops 150g (50g Protein)

ESSENTIAL BCAA L-Isoleucine 2,495mg	ESSENTIAL BCAA L-Leucine 8,465mg	ESSENTIAL BCAA L-Valine 2,560mg	L-Tryptophan 710mg
L-Lysine 3,810mg	L-Threonine 2,370mg	L-Phenylalanine 1,625mg	L-Methionine 955mg

AMINO ACIDS

L-Alanine 1,830mg	L-Arginine 1,110mg	L-Glycine 775mg	L-Aspartic Acid 4,135mg
L-Glutamine & Precursors 10,215mg	L-Cysteine 945mg	L-Histidine 945mg	
L-Tyrosine 1,570mg	L-Proline 3,310mg	L-Serine 2,175mg	

● = OXYGEN ● = NITROGEN ● = HYDROGEN ● = CARBON ● = SULFUR

50g PROTEIN MATRIX	0-2 HOURS RAPID RELEASE PROTEINS Whey Protein Concentrate, Whey Protein Isolate, Whey Protein Hydrolysate	2-6 HOURS SUSTAINED RELEASE PROTEINS Milk Protein Concentrate, Micellar Casein, Caseinates
600 CALORIES	MACRONUTRIENT DENSE FORMULA FOR MAXIMIZING LEAN MASS GAINS**	
4g ADDED L-LEUCINE	FOR mTOR PATHWAY ACTIVATION (MUSCLE PROTEIN SYNTHESIS)**	
2g ADDED L-GLUTAMINE	TO ENHANCE MUSCLE TISSUE RECOVERY/REPAIR**	
250mg AMINOGEN™	DIGESTIVE ENZYME COMPLEX FOR EFFICIENT PROTEIN DIGESTION AND UTILIZATION**	
CARBOHYDRATES DRIVE PROTEIN UTILIZATION	CARBOHYDRATES TRIGGER INSULIN PRODUCTION WHICH IN TURN HELPS DRIVE AMINO ACID UPTAKE AND UTILIZATION BY MUSCLE TISSUES**	



MONSTER MASS™

MASS GAINING FORMULA WITH mTOR ACTIVATORS

TASTE SATISFACTION GUARANTEED



PROTEIN SUPPLEMENT

NET WT (5.95 LBS/2700g)

PRE DURING POST

50g PROTEIN
4g ADDED L-LEUCINE
250mg AMINOGEN®

*MANUFACTURED FREE OF BANNED SUBSTANCES IN A NSF GMP FOR SPORT™ REGISTERED FACILITY

Dietary Supplement

Serving Size 150g (approx 4 scoops)
Servings Per Container approx 18

	Amount Per Serving	%Daily Value*
Calories	600	
Calories from Fat	110	
Total Fat	12g	18%
Saturated Fat	4.5g	23%
Trans Fat	0g	
Cholesterol	85mg	28%
Sodium	170mg	7%
Potassium	780mg	22%
Total Carbohydrate	74g	25%
Dietary Fiber	7g	28%
Sugars	7g	
Protein	50g	100%

Vitamin A (as vitamin A acetate)	35%	
Vitamin C (as ascorbic acid)	35%	
Calcium	70%	
Iron (as ferrous fumarate)	40%	
Vitamin D (as cholecalciferol)	35%	
Vitamin E (as dl-alpha tocopheryl acetate)	40%	
Thiamin (as thiamin mononitrate)	30%	
Riboflavin	35%	
Niacin (as niacinamide)	35%	
Vitamin B6 (as pyridoxine hydrochloride)	35%	
Folate (as folic acid)	35%	
Vitamin B12 (as cyanocobalamin)	35%	
Biotin	35%	
Pantothenic Acid (as d-calcium pantothenate)	40%	
Phosphorus	60%	
Iodine (as potassium iodide)	50%	
Magnesium (as magnesium oxide)	45%	
Zinc (as zinc oxide)	35%	
Copper (as copper gluconate)	35%	
Chromium (as chromium nicotinate)	80%	
L-Leucine	4g	**
L-Glutamine	2g	**
Aminogen (digestive enzymes)	250mg	**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
**Percent Daily Value not established.

Aminogen® is a registered Trademark of Triarco Industries

OTHER INGREDIENTS: MALTODEXTRIN, RAPID RELEASE PROTEIN BLEND (WHEY PROTEIN CONCENTRATE, WHEY PROTEIN HYDROLYSATE, WHEY PROTEIN ISOLATE, L-LEUCINE, L-GLUTAMINE), SUSTAINED RELEASE PROTEIN BLEND (MILK PROTEIN CONCENTRATE AND/OR ISOLATE, MICELLAR CASEIN, CALCIUM AND SODIUM CASEINATE), WAXY MAIZE STARCH, LEAN LIPIDS (SUNFLOWER OIL, CANOLA OIL, MEDIUM CHAIN TRIGLYCERIDES), ALKALIZED COCOA POWDER, NATURAL AND ARTIFICIAL FLAVOR, SOLUBLE CORN FIBER, FRUCTO-OLIGOSACCHARIDES, POTASSIUM CHLORIDE, TRICALCIUM PHOSPHATE, ACESULFAME POTASSIUM, SUCRALOSE, LACTASE, BROMELAIN, PAPAIN, SOY LECITHIN.

CONTAINS INGREDIENTS DERIVED FROM MILK AND SOY. THIS PRODUCT IS MANUFACTURED IN A FACILITY THAT PROCESSES MILK, SOY, WHEAT AND EGGS.

PLEASE RECYCLE
MADE IN USA
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Manufactured by CytoSport, Benicia, CA 94510
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NUTRITION HIGHLIGHTS			
PROTEIN	CARBS	CALORIES	L-LEUCINE†
50g	74g	600	8.4g

† Amino acid totals include amino acids from complete proteins.
1) Dreyer et al. Am J Physiol Endocrinol Metab 294:E392-E400 (2008)
2) Fujita et al. J Physiology 582(2):813-23 (2007)
3) Koopman et al. Am J Physiol Endocrinol Metab 288:E645-53 (2005)

DIRECTIONS and USE



Mix 4 scoops (150g) into 18-20 oz water
The optimal time for a serving of **MONSTER MASS** is 30-45 minutes immediately after your workout. This timing is critical because your muscles absorb approximately 80% of the amino acids and carbs necessary to help them grow during the two hour period immediately following exercise. Depending on your weight gain and caloric needs take Monster Mass as a snack or as a meal addition. CytoSport products complement a healthy eating and hydration plan that, when combined with a balanced exercise program may contribute to healthy weight management and recovery from exercise. Use as part of a well-balanced diet that includes whole foods and other protein sources. **Do not use this product as your sole source of nutrition.**

**These statements have not been evaluated by the food and drug administration. This product is not intended to treat, cure, prevent or diagnose any disease.

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*Our products are manufactured in compliance with NSF International's GMP for Sport™ Registration, including semi-annual audits, verifying that no NSF 306-Certification Guideline Annex A List banned substances exist in our facility.

Greg and Mike Pickett, Father/Son