

Monster Mix

**The Complete Power & Endurance Formula
with
Protein, Carbohydrates, Creatine, EFAs,
Tongkat Ali, Tribulus Terrestris and MORE!**

23 Grams of Protein / Serving
Low Fat Low Sodium

**Dietary Supplement
Net Wt. 32.1 oz (2 lb 0.1 oz) 910 grams**

Supplement Facts

Serving Size 2 scoops (68g)
Servings Per Container: About 13

Amount Per Serving	%Daily Value	Amount Per Serving	%Daily Value
Calories	230	L-Glutamine	2,500 mg *
Total Fat	3 g 4%†	Cinnamon Bark Powder (<i>Cinnamomum cassia</i>)	500 mg *
Saturated Fat	1 g 5%†	Glucosamine Hydrochloride	500 mg *
Cholesterol	70 mg 23%	MSM (methylsulfonylmethane)	500 mg *
Total Carbohydrate	26 g 9%†	<i>Tribulus terrestris</i> Extract (whole herb)	250 mg *
Dietary Fiber	1 g 4%†	Tongkat Ali Root Extract (<i>Eurycoma longifolia</i>)	250 mg *
Total Sugars	2 g *	Protease Enzyme Blend (ProHydrolase®)	240 mg *
Includes 1g Added Sugars	2%†	<i>Rhodiola rosea</i> Root Extract	50 mg *
Protein	23 g 46%†	Alpha Lipoic Acid	25 mg *
Vitamin B-6 (as pyridoxine hydrochloride)	25 mg 1,471%	Essential Fatty Acid Complex (from flax seed - providing Alpha-Linolenic Acid [Omega-3], Linoleic Acid [Omega-6], Oleic Acid [Omega-9], and Other Fatty Acids and Phytonutrients)	1,300 mg *
Calcium	150 mg 12%	†Percent Daily Values are based on a 2,000 calorie diet.	
Iron	1 mg 6%	*Daily Value not established.	
Magnesium (from whey / magnesium citrate)	26 mg 6%		
Zinc (as zinc methionine)	3 mg 27%		
Sodium	95 mg 4%		
Potassium	130 mg 3%		
Creatine Monohydrate	5,000 mg *		

Other ingredients: Whey Protein Concentrate, Maltodextrin, Flaxseed, Natural and Artificial Flavors, Xanthan Gum, and Sucralose.

ALLERGEN WARNING: CONTAINS MILK.

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TYPICAL AMINO ACID PROFILE PER SERVING			
L-Isoleucine (BCAA**/****)	10.5%	L-Glycine	1.9%
L-Leucine (BCAA**/****)	8.7%	L-Threonine (EAA****)	6.5%
L-Valine (BCAA**/****)	5%	L-Aspartic Acid	10.3%
L-Arginine	2.5%	L-Tyrosine	2.7%
L-Lysine (EAA****)	2.5%	L-Proline	4.8%
L-Cysteine	2.1%	L-Histidine (EAA****)	1.7%
L-Methionine (EAA****)	2.6%	L-Serine	5.0%
L-Glutamic Acid	16.7%	L-Alanine	4.8%
L-Phenylalanine (EAA****)	5.2%	L-Tryptophan (EAA****)	1.4%
**Branch Chain Amino Acids			
****Essential Amino Acids			

This "Typical Amino Acid Profile" represents the average ratio of amino acids naturally-occurring in this product. These numbers can slightly fluctuate from batch to batch as with all natural protein sources.

Vendor Code: P418A-V05

SUGGESTED USE: Two scoops taken daily with water, juice or beverage of choice as a dietary supplement or as directed by a healthcare professional. Best if taken one hour before or after training.

CAUTION: Not recommended for individuals with allergies to dairy products and should not be used by pregnant or nursing mothers or children under 18 years of age without the advice of a physician. This product is intended to supplement the diet with additional protein and should not be used as a meal replacement. Not for use as part of a weight loss program without the direct supervision of a healthcare professional. Excessive protein intake may result in impaired kidney function. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

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.



HDPE white / black:

Count Per Bottle	HDPE Bottle Size	Label Size
910 g	2000 cc	6x14.5"