



Obsessions

If you consider yourself the health and fitness-driven, body-conscious type get ready to make a genuine mind-body connection. You already know that feeling on top of your game is a result of giving your best, looking great, and achieving your goals. Now what you have to learn is how CytoSport products are engineered to help you maximize your performance and excel at whatever obsesses you. Like you, here at CytoSport we accept no imitations and no excuses – not from ourselves or anyone else. So get going – just don't do it alone!

Strength

Mass

Endurance

Performance

Balance

If you prize strength on demand and power in every performance, you already live in a house built of pain. Well, we're here to help you stock the cupboards. Strength and muscle development make up the bulk of our history, and the core of the CytoSport product line. Completing this platform is a well-rounded selection of pre-load and recovery tools engineered to help you run down every goal you set your sights on.

When it comes to fuelling your passion, we don't play. We work. We focus. We back up your intensity with applied science that gets the job done. In everything we offer, you'll find an optimised mix of performance-packing ingredients that will help you look your best while you stack on pound after pound of awe-inspiring mass. We help you get big or go big!

Endurance sports are what you're all about, and just thinking about that next outing gets your blood pumping. Well, you're not the only one with a low resting heart rate around here. Our CytoSport champions and your fellow endurance enthusiasts recognize the value of good nutrition at all stages of training. So if you hunger for new challenges, start comparing notes and learning how you can fuel your next ultimate performance!

Everyone talks a good game. You, on the other hand, are paying your dues and making every day count – both in training and competition. CytoSport products help you to take your game to the next level, by taking nutrition to the edge and giving you exactly what you need to be your best before, during and after performance.

If one-dimensional is one term you'd never use to categorize yourself, you've come to the right place. The CytoSport philosophy is centered on the functional blend of science and satisfaction. For good taste and great results, we offer you complete sports nutrition and information that helps keep your body in motion and life in balance. Choose your obsession and find the products that keep you going... and going... and going.

Muscle Milk	1 serve 45min-1hr prior of Muscle Milk provides the caloric energy needed for intense workouts while flooding nutrients to hungry muscles.	Muscle Milk	Take 1 serve 45min-1hr prior. Muscle Milk provides the caloric energy needed for intense workouts while flooding nutrients to hungry muscles.	PreFormance	Use 15-45mins prior to training for a pre-workout meal replacement that digests easily and is designed to fuel your high energy, high intensity, long duration training sessions.	Muscle Milk	Take 1 serve 45min-1hr prior. Muscle Milk provides energy from high quality carbohydrates, proteins and fats, fuelling workouts and long training sessions.	Before
Cytomax	Drink Cytomax continually during exercise (500-700ml/hr) to ensure proper hydration and optimum levels of performance.	Cytomax	Drink Cytomax continually during exercise (500-700ml/hr) to ensure proper hydration and optimum levels of performance.	Cytomax Gulp n Go	Drink Cytomax continually during exercise (500-700ml/hr) to ensure proper hydration and optimum levels of performance. For training sessions longer than 1hr, take Cytomax Gulp n Go as needed to maintain energy levels throughout long intense workouts.	Cytomax	Drink Cytomax continually during exercise (500-700ml/hr) to ensure proper hydration and optimum levels of performance.	During
Muscle Milk	Take Muscle Milk immediately after workouts to shift the body from a catabolic to anabolic state and kick start the recovery process.	CytoGainer	Take CytoGainer immediately after workouts to shift the body from a catabolic to anabolic state and kick start the recovery process.	Recovery	Immediately after training or competition use Cytomax Recovery to ensure glycogen restoration and muscular recovery.	Muscle Milk	Take Muscle Milk immediately after workouts to shift the body from a catabolic to anabolic state and kick start the recovery process.	After
MusclEnergy	Take MusclEnergy 30min prior to exercise to help maintain high intensity levels or after exercise to aid recovery.	Complete Whey	Take Complete Whey during the day to increase your protein consumption. Complete Whey can be added to cereal, muffins and snacks.	Muscle Milk MusclEnergy	Replace Cytomax Recovery with Muscle Milk after those exceptionally hard sessions to ensure maximal muscular recovery. Take MusclEnergy 30min prior to exercise to help maintain high intensity levels or after exercise to aid recovery.	MusclEnergy	Take MusclEnergy 30min prior to exercise to help maintain high intensity levels or after exercise to aid recovery.	Extras?