

# MONSTER MIX

Many protein and carbohydrate supplement blends are designed to increase calorie intake, but not all are created with quality in mind. Some mass gainers contain unnecessary additives that may not align with the goal of building lean muscle.

PowerStrength Monster Mix is formulated for those who want to support muscle growth with a clean, effective supplement. It combines high-quality whey protein, creatine, complex carbohydrates, and essential amino acids—proven ingredients to fuel performance and recovery.

With no fillers or unnecessary extras, Monster Mix is essentially four powerful supplements in one, making it an ideal option for pre- and post-workout nutrition. It's a convenient way to optimize your workouts, support lean muscle gain, and enhance recovery—without relying on excessive calorie intake or low-quality ingredients.

