

Supplement Facts		
Serving Size 2 Packets Servings Per Container 22		
Amount Per Serving	%Daily Value	
Calories	70	
Calories from Fat	30	
Total Fat	3.5 g	5%*
Saturated Fat	0.5 g	9%*
Polysaturated Fat	2 g	***
Monounsaturated Fat	0.5 g	***
Cholesterol	<5 mg	1%
Total Carbohydrate	4 g	1%*
Dietary Fiber	3 g	11%*
Protein	9 g	17%*
Vitamin A (as Beta-Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	340 mg	567%
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopheryl Acetate and d-Alpha Tocopherol)	104 IU	347%
Vitamin K (as Phylloquinone)	80 mcg	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate and Thiamin Hydrochloride)	52 mg	3,467%
Riboflavin (Vitamin B-2)	50 mg	2,941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	58 mg	2,900%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	52 mcg	867%
Biotin (as d-Biotin)	500 mcg	167%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	500%
Calcium (Dicalcium Phosphate, Calcium Carbonate and Calcium Citrate)	515 mg	52%
Phosphorus (as Dicalcium Phosphate)	282 mg	28%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Oxide)	25 mg	167%
Selenium (as Sodium Selenate)	200 mcg	286%
Copper (as Cupric Oxide)	2 mg	100%
Manganese (as Manganese Gluconate)	2 mg	100%
Chromium (as Chromium Picolinate)	200 mcg	167%
Molybdenum (as Sodium Molybdate)	75 mcg	100%
Chloride (as Potassium Chloride)	26 mg	1%
Potassium (as Potassium Chloride)	30 mg	1%
Sodium	55 mg	2%
Milk Thistle Extract (<i>Silybum marianum</i>) (seed) (Standardized to contain 80% Silymarin)	500 mg	***
Pumpkin Seed (<i>Cucurbita pepo</i>)	117 mg	***
Alpha Lipic Acid	30 mg	***
Choline Bitartrate	10 mg	***
Inositol	10 mg	***
Boron (as Bororganic Glycine)	2 mg	***
Oyster Extract	1 mg	***
Saw Palmetto Extract (<i>Serenoa repens</i>) (fruit)	1 mg	***
Pygeum Extract (<i>Pygeum africanum</i>) (bark)	1 mg	***
Lycopene	10 mcg	***
Vanadium (as Sodium Metavanadate)	10 mcg	***
Pycnogenol® (<i>Pinus pinaster</i>) (French Maritime Pine Bark Extract)	1 mcg	***

Amount Per Serving	%Daily Value	
Amino Acid Complex	336 mg	6,756 mg (6.7 g) ***
L-Alanine	2,309 mg (2.3 g)	***
L-Arginine	180 mg	***
L-Aspartic Acid	1 mg	***
L-Carnitine	1 mg	***
L-Cysteine	1 mg	***
L-Glutamic Acid	400 mg	***
L-Glutamine	1 mg	***
L-Glycine	932 mg	***
L-Histidine	36 mg	***
L-Isoleucine	299 mg	***
L-Leucine	705 mg	***
L-Lysine	132 mg	***
L-Methionine	37 mg	***
L-Ornithine Hydrochloride	60 mg	***
L-Phenylalanine	64 mg	***
L-Proline	548 mg	***
L-Serine	136 mg	***
L-Threonine	76 mg	***
L-Tyrosine	24 mg	***
L-Valine	339 mg	***
Acetyl L-Carnitine	1 mg	***
L-Taurine	141 mg	***

Fish Oil	1,600 mg (1.6 g) ***
provides 1,200 mg of Total Omega-3 Fatty Acids† comprising of:	***
EPA (Eicosapentaenoic Acid) 640 mg	***
DHA (Docosahexaenoic Acid) 480 mg	***
Other Fatty Acids	***

Enzyme Complex	430 mg ***
(Betaine Hydrochloride, Pancreatin, Amylase, Protease, Peppermint Oil, Bromelain, Papain, Pepsin, Ox Bile, Lipase, Cellulase)	

Fruit & Vegetable	120 mg ***
(Garlic (<i>Allium sativum</i>) (bulb), Citrus Bioflavonoids (<i>Citrus limon</i>) (fruit), Bilberry (<i>Vaccinium myrtillus</i>) (leaf), Elderberry (<i>Sambucus nigra</i>) (fruit), Black Currant (<i>Ribes nigrum</i>) (fruit), Grape Seed Extract (<i>Vitis vinifera</i>), Brussels Sprouts Extract, Kale Extract, Cauliflower Extract, Celery Seed (<i>Apium graveolens</i>), Carrot Extract, Broccoli Extract, Cabbage Extract, Astaxanthin Complex, Lutein, Zeaxanthin, Super Oxide Dismutase, Coenzyme Q-10)	

Herbal Complex	100 mg ***
(Ginkgo Biloba (<i>Ginkgo biloba</i>) (leaf), Green Tea Extract (<i>Camellia sinensis</i>) (leaf), Cayenne Pepper (<i>Capiscum annuum</i>) (fruit), Spirulina (<i>Spirulina platensis</i>) (plant), Korean Ginseng (<i>Panax ginseng</i>) (root))	

Bio Complex	100 mg ***
(Methylsulfonylmethane (MSM), Silica (as Silicon Dioxide), Collagen (Hydrolyzed Gelatin), Glucosamine Hydrochloride, Chondroitin Sulfate)	

Desiccated Liver	1,360 mg (1.36 g) ***
**Percent Daily Values are based on a 2,000 calorie diet.	
***Daily Value not established.	

Other Ingredients: Cellulose (Plant Origin), Gelatin, Soybean Oil, Glycerin, Rice Powder, Hypromellose, Croscarmellose, Vegetable Stearic Acid, Soy Lecithin, Vegetable Magnesium Stearate, Calcium Silicate, Cellulose Coating, Maltodextrin, Titanium Dioxide Color, Starch, Mannitol, Mixed Natural Tocopherols, Vanillin, Povidone.

Contains soy, milk, wheat, fish (hake, pollock), and shellfish (crab, shrimp, crayfish, lobster) ingredients.

†As Ethyl Esters

B51274 (18059, 4598, 7760, 230, 50920, 12553, 4548, 17295)

PERFORMANCE*

IF YOU TRAIN HARD AND DEMAND RESULTS, THEN MET-Rx® ARSENAL TRAINING PACKS™ ARE EXACTLY WHAT YOU NEED IN YOUR SUPPLEMENT REGIMEN. REGULAR MULTIVITAMINS ARE DESIGNED FOR THE AVERAGE PERSON, WHILE OUR ARSENAL TRAINING PACKS™ HAVE BEEN SCIENTIFICALLY DEVELOPED FOR ELITE ATHLETES AND BODYBUILDERS WHO NEED SPECIALIZED NUTRITIONAL SUPPORT.

- Potent Antioxidants, such as Vitamin C and Vitamin E, to neutralize free radicals induced by hard training.*
- Our new concentrated Omega-3 Micro Gels provide omega-3 fatty acids important for metabolic health and structural support of cell membranes.* Intense training can cause short-term damage to muscle cell membranes and omega-3 fats support membrane structure.*
- Serious athletes need more protein, carbs and total calories than inactive individuals. The full spectrum Enzyme Complex helps break food down into nutrients, making them available for energy and recovery.*
- Amino Acid Complex supports muscle tissue by providing protein building blocks.*
- Intense training can take a toll on the immune system. High potency doses of Selenium, Zinc and Vitamin A support immune health — to promote overall health in and out of the gym.*
- Building strong muscles is supported by strong bones. MET-Rx® Arsenal Training Packs™ provide several nutrients for maintaining bone health.*

If you're ready to take your training to the next level, step up to MET-Rx® Arsenal Training Packs™. This specially-formulated product is designed to meet the heavy demands of elite athletes and bodybuilders.

*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.

MET-Rx®

PERFORMANCE*

ARSENAL
TRAINING PACKS™

45 PACKETS

DIETARY SUPPLEMENT

MET-Rx®

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TRAINING PACKS™

PROVIDING BALANCED NUTRITION
FOR THE SERIOUS ATHLETE

» SUPPORTS MUSCLE TISSUE*

» FULL SPECTRUM MICRONUTRIENT,
ENZYME & FATTY ACID COMPLEXES



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45 PACKETS

DIETARY SUPPLEMENT

PERFORMANCE*

Directions: For adults, take two (2) packets daily, preferably with meals. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to ragweed, or daisy-like flowers. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF OUTER WRAP IS TORN OR MISSING.

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Manufactured in the USA by

MET-Rx Nutrition, Inc.

Boca Raton, FL 33487

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To learn more, please go to www.MET-Rx.com

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