

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

Amount Per Serving		%Daily Value
Calories	35	
Calories from Fat	25	
Total Fat	3 g	5%**
Polysaturated Fat	2 g	***
Monounsaturated Fat	0.5 g	***
Cholesterol	<5 mg	1%
Protein	1 g	2%**
Vitamin A (as Beta-Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	300 mg	500%
Vitamin D (as D3 Cholecalciferol)	2,400 IU	600%
Vitamin E (as d-Alpha Tocopheryl Acetate)	100 IU	333%
Vitamin K (as Phytonadione)	80 mcg	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	3,333%
Riboflavin (Vitamin B-2)	50 mg	2,941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	60 mg	3,000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin (as d-Biotin)	500 mcg	167%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	500%

OTHER INGREDIENTS: Gelatin, Glycerin, Hypromellose, Cellulose (Plant Origin), Vegetable Stearic Acid, Soybean Oil, Rice Bran Oil, Soy Lecithin, Vegetable Magnesium Stearate, Yellow Beeswax, Cellulose Coating, Caramel Color, Mannitol, Titanium Dioxide Color, Mixed Natural Tocopherols, Corn Oil, Vanillin, Povidone.

Contains milk, fish (anchovy, mackerel, sardine), shellfish (shrimp, crab, lobster, crayfish) and soy ingredients.

†As Ethyl Esters

DIRECTIONS: For adult men, take one (1) packet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

*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.

WARNING: This product is intended for use by men and is not intended for use by women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. 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 MISSING OR TORN.

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MET-Rx
Shaping Every Body.™

Manufactured in the USA by
MET-Rx Nutrition, Inc., Boca Raton, FL 33487
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Questions? Call toll free 1-855-33-MET-Rx
To learn more, please go to www.mymetrx.com

Amount Per Serving		%Daily Value
Calcium (as Calcium Carbonate, Dicalcium Phosphate and Calcium Citrate)	200 mg	20%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Gluconate and Zinc Oxide)	55 mg	367%
Selenium (as Sodium Selenate)	200 mcg	286%
Copper (as Copper 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%
Alpha Lipoic Acid	30 mg	***
Choline Bitartrate	10 mg	***
Inositol	10 mg	***
Boron (as Bororganic Glycine)	2 mg	***
Vanadium (as Sodium Metavanadate)	10 mcg	***
Uva-Ursi Extract (<i>Arctostaphylos uva-ursi</i>) (leaf)	10 mg	***
Pycnogenol® (<i>Pinus pinaster</i>) (French Maritime Pine Bark Extract)	1 mcg	***
Active Man Proprietary Amino Acid Blend (L-Arginine, L-Taurine, L-Glutamine, L-Carnitine, N-Acetyl Carnitine Hydrochloride, L-Valine, L-Cysteine, L-Leucine, L-Isoleucine, L-Methionine)	1,150 mg (1.15 g)	***
Active Man Optimum Complex (Methylsulfonylmethane (MSM), Silica (as Silicon Dioxide), Collagen (Hydrolyzed Gelatin), Glucosamine Hydrochloride, Chondroitin Sulfate)	100 mg	***

**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

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NO UV COATING

SPECIALTY SUPPLEMENT

MET-Rx 180°
TRANSFORMING EVERY BODY™

ACTIVE
MULTI PACKS
COMPLETE NUTRITIONAL SYSTEM FOR MEN

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MET-Rx 180°™ PROGRAM

MET-Rx 180°™ is a revolutionary workout program created specifically for you. Using cutting edge exercise techniques and state-of-the-art nutrition — MET-Rx 180°™ is designed to provide results. MET-Rx 180°™ helps you shape your body with quality, results-oriented products that fulfill the appetite your body needs for balanced nutrition and physical fitness.* For two decades MET-Rx® has been and continues to be on the cutting-edge of sports nutrition, with a diverse range of products engineered for the next generation of athletes. Those who use state-of-the-art nutrition and workout to achieve their goals — choose MET-Rx 180°™. And for those who never accept limits of their mind, body or spirit — we are MET-Rx®.

DAILY NUTRITION

Take one packet in the morning; preferably with a healthy breakfast.

An elite vitamin and mineral formula designed to assist men with the MET-Rx 180°™ fitness program, MET-Rx 180°™ Active Multi Packs for Men helps support and maintain heart, circulatory, energy metabolism, and immune health.* Each pack is enhanced with Omega-3 fatty acids for circulatory health and features specialized blends not found in ordinary multis.*

With MET-Rx 180°™ Active Multi Packs in conjunction with your balanced nutrition plan...you can count on being properly nourished and ready for your next MET-Rx 180°™ workout.

SPECIALTY SUPPLEMENT

MET-Rx 180°
TRANSFORMING EVERY BODY™

ACTIVE
MULTI PACKS
COMPLETE NUTRITIONAL SYSTEM FOR MEN

30 DAY SUPPLY PACKETS

DIETARY SUPPLEMENT



MULTIVITAMIN & MINERAL SUPPLEMENT

MET-Rx 180°™ Active Multi Packs for Men contains a multiple vitamin and mineral supplement with over 20 nutrients and a proprietary Amino Acid blend. Formulated with high potency vitamins to support bone density, immune system health and more.*

VITAMIN D

Our formula includes 2400 IU of Vitamin D to provide well-rounded support.* An analysis of 5 studies concluded that increasing Vitamin D3 intake could support colon health.* Supplementing with MET-Rx 180°™ Active Multi Packs for Men is an easy and convenient way to increase your daily Vitamin D intake.

MEN'S HEALTH*

MET-Rx 180°™ Active Multi Packs for Men features the essential mineral Zinc, which is an important nutrient for men as it plays a key role in reproductive health.* Saw Palmetto extract, derived from the berry of the Saw Palmetto tree, is one of the leading herbs for men's health and supports urinary health.*

ENERGY METABOLISM*

The B Vitamin Complex is made up of several essential nutrients that work together to support energy metabolism, and overall well-being.* Taken every day, our high-potency complex provides nourishment to support busy lifestyles.

ANTIOXIDANT & EYE HEALTH*

Vitamins C and E are well known for their antioxidant benefits — helping to neutralize free radicals that can otherwise cause cellular damage.* Vitamin A as Beta-Carotene provides additional antioxidant support while also helping to support healthy vision.*

HEART & CIRCULATORY HEALTH*

Omega fatty acids are important nutrients. Omega-3s are one of the "good" fats important for cellular, heart and metabolic health.*