

MET-Rx Protein Plus® Protein Powder

The food you put into your body can have a big impact on how you look, feel and work out. MET-Rx Protein Plus® was invented to give you the competitive advantage – especially when it comes to quality protein! Each high-protein serving provides better than a 5:1 ratio of protein to carbs to help meet your nutritional goals. Best of all, MET-Rx Protein Plus® contains no added sugar¹, corn syrup solids, mono- or diglycerides and now is free of aspartame and hydrogenated oils - which means no trans-fats!

The Secret is in the Protein Source!

The renowned MET-Rx® protein formulation consists of METAMYOSYN®, which combines premium whey protein isolates and casein proteins, plus L-Glutamine and naturally occurring Branched Chain Amino Acids - Isoleucine, Leucine and Valine. Studies show that whey is a fast-acting protein while casein is slow-acting, which results in a more prolonged absorption rate to extend the delivery of amino acids to muscles.* MET-Rx Protein Plus® gives you a firm nutritional basis to help build lean muscle in a low-fat, great tasting formula.*

*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.

Results may vary. Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

Perfect anytime, anywhere, MET-Rx Protein Plus® is your power protein source!

1. Not a low calorie food. Some sugar naturally occurs in ingredients. See supplement facts panel for sugar and calorie content.

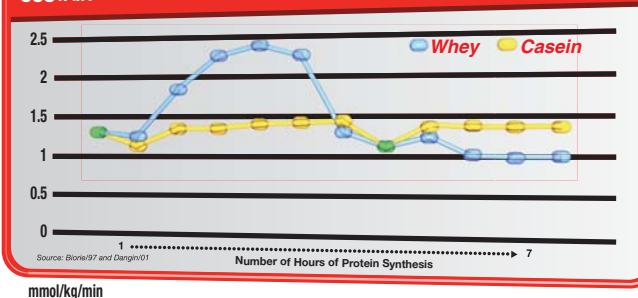
WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Contents are sold by weight. Some settling may occur.

96% Lactose Free

SUSTAINED 7-HOUR PROTEIN SYNTHESIS OF WHEY AND CASEIN PROTEIN



Approximate time points illustrating whey and casein's differing effects on protein synthesis when taken on an empty stomach.

REFERENCES:

- Dangin, M., et al. Am J Physiol Endocrinol Metab. 2001. 250: E340-E348.
- Boirie Y, et al. Proc Natl Acad Sci USA. 1997;94:14930-5.

MET-Rx®

Shaping Every Body.™

PRE-MEASURED SCOOP INCLUDED!

46g METAMYOSYN®
Protein Blend ◇ per 2 scoops

MET-Rx
Protein
plus®

Complete Protein Blend to Help Build Lean Muscle*

Vanilla

Naturally and Artificially Flavored

- **Low Fat**
- **3g L-Glutamine**◇
- **Aspartame Free!**
- **Gluten Free**
- **Less than 1/2 the carbs!**
of MET-Rx® Original Meal Replacement

Protein Supplement Powder

NET WT. 2 lb. (32 oz.) (907 g)

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

Supplement Facts

Serving Size	2 Scoops (57 g)	1 Scoop (28.5 g)
Servings Per Container	about 16	about 32
Amount Per Serving	%Daily Value	%Daily Value
Calories	200	100
Calories from Fat	10	5
Total Fat	0.5 g	<1 g
Cholesterol	10 mg	5 mg
Total Carbohydrate	3 g	2 g
Sugars	2 g	1 g
Protein	46 g	23 g
Calcium	859 mg	429 mg
Phosphorus	592 mg	296 mg
Magnesium	48 mg	24 mg
Sodium	140 mg	70 mg
Potassium	190 mg	95 mg
L-Glutamine	3 g	1.5 g

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

INGREDIENTS: METAMYOSYN® Protein Blend (Milk Protein Concentrate, Calcium Sodium Caseinate, Whey Protein Isolate, L-Glutamine, Egg White), Natural and Artificial Flavors, Guar Gum, Cellulose Gum, Xanthan Gum, Sucralose, Soy Lecithin.

Typical Amino Acid Profile (milligrams per 28.5 g scoop****)

Essential Amino Acids	Nonessential Amino Acids
Histidine 742 mg	Alanine 749 mg
Isoleucine 1,103 mg	Arginine 730 mg
Leucine 2,034 mg	Aspartic Acid 1,642 mg
Lysine 1,678 mg	Cystine 193 mg
Methionine 564 mg	Glutamic Acid 4,286 mg
Phenylalanine 924 mg	Glycine 379 mg
Threonine 1,045 mg	Proline 1,991 mg
Tryptophan**** 318 mg	Serine 1,130 mg
Valine 1,299 mg	Tyrosine 1,021 mg

****L-Tryptophan is naturally occurring, not added.
*****approximate values

DIRECTIONS: Add one to two (1-2) scoops of powder with 6-16 ounces of cold water or milk and mix thoroughly in a blender. Increase or decrease the amount of liquid to achieve desired consistency. Drink 1-2 servings per day. As a reminder, discuss the supplements and medications you take with your health care providers.

Use MET-Rx Protein Plus® any time of the day including:

Immediately After Exercise: Makes an excellent post-workout shake by providing fast digesting proteins for immediate muscle support plus slow digesting proteins for extended amino acid delivery and recovery.*

With Meals: Drink along with your meal to increase the overall protein quality and content. You can also mix into oatmeal or add to recipes such as pancake and waffle mixes.

In Between Meals: Keeps levels of amino acids elevated so your body doesn't go into a catabolic state that may otherwise lead to muscle loss.*

Before Bed: The high content of slow-digesting proteins in MET-Rx Protein Plus® makes it a perfect before-bed supplement as it provides "time-released" amino acid delivery to your body.

Manufactured in the USA by MET-Rx USA, Inc.
Boca Raton, FL 33487

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Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com

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