## **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 is free of aspartame and hydrogenated oils - which means 0 grams 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 from protein - Isoleucine, Leucine and Valine. 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.\* Milk protein is a natural source of whey and casein. 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.

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!

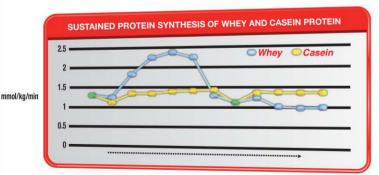
 Not a low calorie food. Some sugar naturally occurs in ingredients. See supplement facts panel for sugar and calorie content.

**WARNING:** If you are pregnant, nursing, taking any medications 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 SEAL UNDER CAP IS BROKEN OR MISSING.

Contents are sold by weight. Some settling may occur.

#### 96% Lactose Free



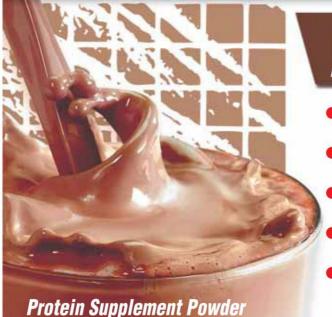
Approximate time points illustrating whey and casein's differing effects on protein synthesis when taken on an empty stomach.







# Complete Protein Blend to Help Build Lean Muscle\*



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

Chocolate

Naturally and Artificially Flavored

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

#### **Supplement Facts** 1 Scoop (31g) 2 Scoops (62g) Servings Per Containe %Daily Value 2 Scoops Calories 220 Calories from Fat Total Fat 1.5 g 2%\* 19 Saturated Fat 2%\* 4%\*\* 0.5 a 1 a Trans Fat 0 a 4% 20 mg 1%\*\* 2%\*\* Total Carbohydrate 4 g 7 a 3%\*\* 6%\*\* Dietary Fiber 1 g 46%\* 91%\*\* 46 a 338 mg 34% 68% 676 mg 0.31 mg 0.62 mg 2% 3% 186 mg Phosphorus 19% 372 mg 37% 23 mg 47 mg Magnesium 6% 12% 7% Chromium 4 mcg 4% 8 mcg 3% 6% 75 mg 150 ma 160 ma L-Glutamine 1.5 a

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

\*Percent Daily Values are based on a 2,000 calorie diet.

Typical Amino Acid Profile (milligrams per 31g scoop*****)			
Essential Amino Acids		Nonessential Amino Acids	
Histidine	682 mg	Alanine	722 mg
Isoleucine Leucine	1,061 mg 1,941 mg	Arginine Aspartic Acid	710 mg 1.624 ma
Lysine	1,599 mg	Cystine	206 mg
Methionine	545 mg	Glutamic Acid	4,075 mg
Phenylalanine	902 mg	Glycine	362 mg
Threonine	1,009 mg	Proline	1,897 mg
Tryptophan**** Valine	290 mg 1,258 mg	Serine Tyrosine	1,081 mg 970 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 Nutrition Inc., Boca Raton, FL 33487

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

