

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!

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, 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

SUSTAINED PROTEIN SYNTHESIS OF WHEY AND CASEIN PROTEIN

Time Point	Whey (mmol/kg/min)	Casein (mmol/kg/min)
0	1.3	1.3
1	1.2	1.1
2	1.8	1.3
3	2.3	1.3
4	2.4	1.4
5	2.3	1.4
6	1.3	1.4
7	1.1	1.1
8	1.3	1.3
9	1.0	1.4
10	1.0	1.4
11	1.0	1.4
12	1.0	1.4

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

MET-Rx®
Shaping Every Body.™
PRE-MEASURED SCOOP INCLUDED!

The renowned MET-Rx[®] protein formulation consists of METAMYOSIN[®], 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.*

SUSTAINED PROTEIN SYNTHESIS OF WHEY AND CASEIN PROTEIN

The graph displays the sustained protein synthesis rates for Whey and Casein proteins. The Y-axis represents the rate in mmol/kg/min, ranging from 0 to 2.5. The X-axis represents time, indicated by a dotted line with an arrow. Whey protein (blue line) shows a rapid increase in synthesis, peaking at approximately 2.4 mmol/kg/min, before declining. Casein protein (yellow line) shows a more gradual increase, peaking at approximately 1.4 mmol/kg/min, and then declining.

Time (Relative)	Whey (mmol/kg/min)	Casein (mmol/kg/min)
0	1.2	1.2
1	1.1	1.1
2	1.8	1.3
3	2.3	1.3
4	2.4	1.4
5	2.3	1.4
6	1.3	1.4
7	1.1	1.3
8	1.1	1.3
9	1.0	1.3
10	1.0	1.3
11	1.0	1.3
12	1.0	1.3
13	1.0	1.3
14	1.0	1.3
15	1.0	1.3
16	1.0	1.3
17	1.0	1.3
18	1.0	1.3
19	1.0	1.3
20	1.0	1.3
21	1.0	1.3
22	1.0	1.3
23	1.0	1.3
24	1.0	1.3
25	1.0	1.3
26	1.0	1.3
27	1.0	1.3
28	1.0	1.3
29	1.0	1.3
30	1.0	1.3
31	1.0	1.3
32	1.0	1.3
33	1.0	1.3
34	1.0	1.3
35	1.0	1.3
36	1.0	1.3
37	1.0	1.3
38	1.0	1.3
39	1.0	1.3
40	1.0	1.3
41	1.0	1.3
42	1.0	1.3
43	1.0	1.3
44	1.0	1.3
45	1.0	1.3
46	1.0	1.3
47	1.0	1.3
48	1.0	1.3
49	1.0	1.3
50	1.0	1.3
51	1.0	1.3
52	1.0	1.3
53	1.0	1.3
54	1.0	1.3
55	1.0	1.3
56	1.0	1.3
57	1.0	1.3
58	1.0	1.3
59	1.0	1.3
60	1.0	1.3
61	1.0	1.3
62	1.0	1.3
63	1.0	1.3
64	1.0	1.3
65	1.0	1.3
66	1.0	1.3
67	1.0	1.3
68	1.0	1.3
69	1.0	1.3
70	1.0	1.3
71	1.0	1.3
72	1.0	1.3
73	1.0	1.3
74	1.0	1.3
75	1.0	1.3
76	1.0	1.3
77	1.0	1.3
78	1.0	1.3
79	1.0	1.3
80	1.0	1.3
81	1.0	1.3
82	1.0	1.3
83	1.0	1.3
84	1.0	1.3
85	1.0	1.3
86	1.0	1.3
87	1.0	1.3
88	1.0	1.3
89	1.0	1.3
90	1.0	1.3
91	1.0	1.3
92	1.0	1.3
93	1.0	1.3
94	1.0	1.3
95	1.0	1.3
96	1.0	1.3
97	1.0	1.3
98	1.0	1.3
99	1.0	1.3
100	1.0	1.3

MET-Rx®
Shaping Every Body.™
PRE-MEASURED SCOOP INCLUDED!

46g Protein Blend with **METAMYOSYN®** ◇ per 2 scoops

The logo for MET-Rx Protein plus. "MET-Rx" is in red, italicized, sans-serif font. "Protein" is in large, bold, black, italicized font with a yellow outline. "plus" is in red, italicized, sans-serif font. There are orange and yellow pixelated graphics to the left of the "plus" text.

Complete Protein Blend to Help Build Lean Muscle*

Chocolate
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

**Learn more by scanning QR code
with your Smart Phone**



Serving Size Serving Per Container		1 Scoop (31g) about 29	2 Scoops (62g) about 15
Amount Per Serving	1 Scoop	%Daily Value	2 Scoops %Daily Value
Calories	110		220
Calories from Fat	10		15
Total Fat	1 g	1%**	1.5 g 2%**
Saturated Fat	0.5 g	2%**	1 g 4%**
Trans Fat	0 g	***	0 g ***
Cholesterol	10 mg	4%	20 mg 7%
Total Carbohydrate	4 g	1%**	7 g 2%**
Dietary Fiber	<1 g	3%**	1 g 6%**
Sugars	1 g	***	3 g ***
Protein	23 g	46%**	46 g 91%**
Calcium	338 mg	34%	676 mg 68%
Iron	0.31 mg	2%	0.62 mg 3%
Phosphorus	186 mg	19%	372 mg 37%
Magnesium	23 mg	6%	47 mg 12%
Chromium	4 mcg	4%	8 mcg 7%
Sodium	75 mg	3%	150 mg 6%
Potassium	160 mg	5%	320 mg 9%
L-Glutamine	1.5 g	***	3 g ***

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.

Essential Amino Acids		Nonessential Amino Acids	
Histidine	682 mg	Alanine	722 mg
Isoleucine	1,061 mg	Arginine	710 mg
Leucine	1,941 mg	Aspartic Acid	1,624 mg
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****	290 mg	Serine	1,081 mg
Valine	1,258 mg	Tyrosine	970 mg

MET-Rx[®]
Shaping Every Body.™

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

