

EXERCISE RECOVERY* +

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 your body's 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®.

MET-Rx 180°™ Recovery Shake

The MET-Rx 180°™ Recovery Shake is the perfect ending to a grueling workout. After intense exercise, your body is exhausted and is low in certain critical nutrients. That is why it is important to recharge and refuel your body after each workout with the right amount of protein, carbohydrates, electrolytes, and vitamins and minerals so that you can retain all the benefits from every workout session and help you achieve your goals!*

It is very difficult to receive the right amount of nutrition you need for recovery from meals alone. The MET-Rx 180°™ Recovery Shake is a simple and effective addition to your daily regimen. This all-in-one recovery formula has the balanced blend of nutrients you need for recovery, while being low in fat, refreshing and delicious!*

ENGINEERED PROTEIN BLEND:

The MET-Rx 180°™ Recovery Shake formula is a combination of fast and slow proteins resulting in a longer absorption rate, allowing extended amino acid delivery to your muscles. * These high quality proteins help ensure that you're getting the most out of all the hard work and energy you're putting into your workouts!*

RECOVERY SHAKE INCLUDES:

- 14g Protein
- Vitamins and minerals for nutrient metabolism*
- Branched Chain Amino Acids from protein to provide highly bioavailable fuel*
- Top quality complex carbs to keep your mind energized*

Additional Key Benefits:

- Supports exercise recovery*
- Helps replenish muscle glycogen after your workouts*
- Provides electrolytes which can be lost through sweat and which are important for rehydration after exercise*

Provides complete protein sources with all of the essential amino acids needed by your body to support protein synthesis and overall health.*

Amino Acids (approximate values) per serving (42 g):			
Essential Amino Acids		Nonessential Amino Acids	
Histidine	347 mg	Alanine	507 mg
Isoleucine	712 mg	Arginine	426 mg
Leucine	1,304 mg	Aspartic Acid	1,114 mg
Lysine	1,104 mg	Cysteine	170 mg
Methionine	338 mg	Glutamic Acid	2,353 mg
Phenylalanine	580 mg	Glycine	245 mg
Threonine	679 mg	Proline	1,108 mg
Tryptophan****	175 mg	Serine	692 mg
Valine	809 mg	Tyrosine	596 mg

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



MET-Rx 180°™

TRANSFORMING EVERY BODY™

RECOVERY SHAKE

POST WORKOUT FORMULA

PROTEIN POWDER

VANILLA

Natural and Artificial Flavors

DIETARY SUPPLEMENT
NET WT. 3 LB. (48 OZ.) (1.360 Kg)



Supplement Facts

Serving Size 1 Scoop (42 g)
Servings Per Container about 32

Amount Per Serving	%Daily Value
Calories	150
Calories from Fat	15
Total Fat	1.5 g 2%**
Saturated Fat	1 g 5%**
Cholesterol	15 mg 6%
Total Carbohydrate	20 g 7%**
Dietary Fiber	1 g 6%**
Sugars	2 g ***
Protein	14 g 27%**
Vitamin A	1,125 IU 23%
Vitamin C	15 mg 25%
Vitamin D	60 IU 15%
Vitamin E	11 IU 38%
Vitamin K	10 mcg 12%
Thiamin	0.2 mg 15%
Riboflavin	0.3 mg 15%
Niacin	5 mg 26%
Vitamin B-6	0.3 mg 16%
Folic Acid	100 mcg 25%
Vitamin B-12	0.8 mcg 13%
Biotin	45 mcg 15%
Pantothenic Acid	1 mg 10%
Calcium	337 mg 34%
Iron	2 mg 13%
Phosphorus	231 mg 23%
Iodine	16 mcg 11%
Magnesium	12 mg 3%
Zinc	2 mg 12%
Selenium	7 mcg 10%
Copper	0.2 mg 10%
Manganese	0.4 mg 19%
Chromium	13 mcg 11%
Molybdenum	15 mcg 20%
Chloride	168 mg 5%
Sodium	125 mg 5%
Potassium	440 mg 12%
Creatine Monohydrate	750 mg ***
L-Glutamine	750 mg ***

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

Ingredients: Complex Carb Optimizer Blend (Maltodextrin, Rice Bran, Oat Fiber), Protein Blend (Whey Protein Concentrate, Milk Protein Concentrate, Calcium Sodium Caseinate, Creatine Monohydrate, L-Glutamine, Dried Egg White), MultiVitamin Optimizer Blend (Dipotassium Phosphate, Potassium Chloride, Calcium Lactate, Dicalcium Phosphate, Tricalcium Phosphate, Potassium Citrate, Sodium Citrate, Ascorbic Acid, dl-Alpha Tocopheryl Acetate, Ferrous Fumarate, Niacinamide, Zinc Oxide, d-Calcium Pantothenate, Copper Sulfate, Manganese Sulfate, Beta-Carotene, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Vitamin A Palmitate, Riboflavin, Folic Acid, Chromium Picolinate, Biotin, Sodium Molybdate, Potassium Iodide, Sodium Selenite, Phytanadione, Cholecalciferol, Cyanocobalamin), Natural and Artificial Flavors, Cellulose Gum, Xanthan Gum, Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Lean Lipid Optimizer Blend (Medium Chain Triglycerides, Sunflower Oil, Flaxseed Powder), Guar Gum, Carrageenan, Soy Lecithin, Acesulfame Potassium, Sodium Caseinate, Salt, Mono- and Diglycerides, Sucralose, Gelatin, Mannitol.

Contains milk, egg and soy ingredients.

Directions: For adults, add one (1) scoop (42g) one to two times daily to 16-20 fl. ounces of cold water and mix thoroughly in a shaker or blender. Increase or decrease the amount of liquid to achieve desired consistency. As a reminder, discuss the supplements and medications you take with your health care providers.

For Mass Gaining: take two scoops and add higher calorie foods such as peanut butter, 1-2% milk, and fruit juices.

For Dieters: take one scoop and add lower calorie foods such as skim milk or just use water.

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 have kidney disease. 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.

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

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

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