

DAILY NUTRITION

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

MET-Rx 180™ PROGRAM

MET-Rx 180™ is a revolutionary workout program created specifically for you.

As you make your transformation, you want to eat healthy and supplement your diet with a balanced vitamin that will support the MET-Rx 180™ program, the MET-Rx 180™ Essential Multi.

The MET-Rx 180™ Essential Multi features:

- B vitamins for energy metabolism*
- Vitamin C & D for immune function*
- Vitamin E for antioxidant support*
- Over 20 vital nutrients that contribute to your overall health and well-being*

Staying well-nourished is important as you transform your body. Take the MET-Rx 180™ Essential Multi and give your body the nutrition it needs to make the MET-Rx 180™ transformation.

*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: 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. Discontinue use and consult your doctor if any adverse reactions occur.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.



MET-Rx 180™

TRANSFORMING EVERY BODY™

ESSENTIAL MULTI

DAILY MULTIVITAMIN

90 TABLETS

DIETARY SUPPLEMENT

**Supplement Facts**

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Vitamin A (as Vitamin A Acetate and 29% as Beta-Carotene)	3,500 IU	70%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU	100%
Vitamin K (as Phytonadione)	25 mcg	31%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.5 mg	100%
Riboflavin (Vitamin B-2)	1.7 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	100%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	6 mcg	100%
Biotin (as d-Biotin)	30 mcg	10%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate and Dicalcium Phosphate)	200 mg	20%
Iron (as Ferrous Fumarate)	18 mg	100%
Phosphorus (as Dicalcium Phosphate)	20 mg	2%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Oxide)	11 mg	73%
Selenium (as Sodium Selenate)	55 mcg	79%
Copper (as Cupric Sulfate)	0.5 mg	25%
Manganese (as Manganese Sulfate)	2.3 mg	115%
Chromium (as Chromium Picolinate)	35 mcg	29%
Molybdenum (as Sodium Molybdate)	45 mcg	60%

Amount Per Serving	%Daily Value	
Chloride (as Potassium Chloride)	72 mg	2%
Potassium (as Potassium Chloride)	80 mg	2%
Boron (as Boric Acid)	75 mcg	**
Nickel (as Nickelous Sulfate)	5 mcg	**
Silicon (as Silicon Dioxide)	2 mg	**
Tin (as Stannous Chloride)	10 mcg	**
Vanadium (as Sodium Metavanadate)	10 mcg	**

**Daily Value not established.

Other Ingredients: Cellulose (Plant Origin), Gelatin, Contains <2% of: Cellulose Coating, Croscarmellose, Crospovidone, FD&C Yellow #6 Lake, Maltodextrin, Starch, Titanium Dioxide Color, Vegetable Magnesium Stearate.

Directions: For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

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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