

38g METAMYOSYN®
Protein Blend

**New
Flavor!**

MET-Rx®

ENGINEERED NUTRITION®
Meal Replacement

Complete Protein Blend to Help Build Lean Muscle*

Cake Batter
Naturally and Artificially Flavored

- **3g L-Glutamine**
- **Over 6g BCAAs**
- **Low Fat**
- **Aspartame Free!**

Protein Supplement Powder

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

18 - 2.54 oz. (72 g) PACKETS - NET WT. 45.7 oz. (2.85 LB.) 1.29 kg



Directions: For adults, add one (1) packet to 16-20 fl. ounces of cold water or milk and mix thoroughly in a shaker or blender. Increase or decrease the amount of liquid to achieve desired consistency. Drink two shakes per day for best results. As a reminder, discuss the supplements and medications you take with your health care providers.

For Mass Gaining: add higher calorie foods such as peanut butter, 1-2% milk, and fruit juices.
For Dieters: add lower calorie foods such as skim milk or just use water.

Use MET-Rx® Meal Replacement 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® Meal Replacement makes it a perfect before-bed supplement as it provides "time-released" amino acid delivery to your body.

Typical Amino Acid Profile (milligrams per 72 g packet**)**

Essential Amino Acids		Nonessential Amino Acids	
Histidine	1,010 mg	Alanine	1,114 mg
Isoleucine	1,688 mg	Arginine	1,249 mg
Leucine	3,158 mg	Aspartic Acid	2,453 mg
Lysine	2,704 mg	Cysteine	216 mg
Methionine	950 mg	Glutamic Acid	7,054 mg
Phenylalanine	1,667 mg	Glycine	634 mg
Threonine	1,506 mg	Proline	3,366 mg
Tryptophan*****	380 mg	Serine	1,867 mg
Valine	2,140 mg	Tyrosine	1,804 mg

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

Nutrition Facts

Serving Size 1 Packet (72g)
Servings Per Container 18

Amount Per Serving

Calories 250 Calories from Fat 20

%Daily Value***

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 20mg 7%

Sodium 360mg 15%

Potassium 940mg 27%

Total Carbohydrate 20g 7%

Dietary Fiber <1g 3%

Sugars 2g

Protein 38g 76%

Vitamin A 60% Vitamin C 100%

Calcium 110% Iron 45%

Vitamin D 60% Vitamin E 150%

Vitamin K 50% Thiamin 60%

Riboflavin 60% Niacin 100%

Vitamin B-6 60% Folic Acid 100%

Vitamin B-12 50% Biotin 60%

Pantothenic Acid 40% Phosphorus 80%

Iodine 40% Magnesium 45%

Zinc 40% Selenium 40%

Copper 40% Manganese 50%

Chromium 40% Molybdenum 80%

Chloride 15%

***Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Metamysyn® Protein Blend (Milk Protein Concentrate, Calcium Caseinate, L-Glutamine, Whey Protein Concentrate, Egg White), Maltodextrin, Vitamin and Mineral Blend (Dicalcium Phosphate, Potassium Citrate, Potassium Chloride, Potassium Phosphate, Sodium Citrate, Magnesium Oxide, Ascorbic Acid, dl-Alpha Tocopheryl Acetate, Ferrous Fumarate, Niacinamide, Zinc Oxide, d-Calcium Pantothenate, Copper Sulfate, Manganese Sulfate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Beta-Carotene, Folic Acid, Chromium Picolinate, Biotin, Sodium Molybdate, Potassium Iodide, Sodium Selenite), Natural and Artificial Flavors, Calcium Lactate, High Oleic Sunflower Oil, Cellulose Gum, Xanthan Gum, Soy Lecithin, Salt, Sodium Caseinate, Guar Gum, Carrageenan, Acesulfame Potassium, Mono- and Diglycerides, Gelatin, Sucralose, Mannitol. Contains milk, egg, and soy ingredients.

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

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, 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.

98% Lactose Free

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF PACKET IS TORN OR OPEN.

Contents are sold by weight. Some settling may occur.



MET-Rx®
Shaping Every Body.™

MANUFACTURED IN THE USA BY MET-Rx USA, INC.
BOCA RATON, FL 33487

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

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MET-Rx® "Original" Meal Replacement

MET-Rx® "Original" Meal Replacement revolutionized meal replacement powders with the METAMYOSYN® Protein Blend. With the new and improved MET-Rx® Meal Replacement, we've upgraded the original formula to take out everything you didn't want while keeping in the exclusive METAMYOSYN® protein blend. METAMYOSYN® combines fast-digesting whey protein with slow-acting casein, the result is a highly bioavailable fuel that helps build lean muscle mass and strength.*

- Free of hydrogenated oils, which means no trans-fats.
- 38 grams of the exclusive METAMYOSYN® protein blend to help build lean muscle.*
- Low fat to support a lean, healthy body.
- 20 grams of carbohydrates to support muscle glycogen needs as well as energy levels at rest and during exercise.*
- 25 Essential Vitamins & Minerals, with 110% DV Calcium to support your body's nutritional needs.
- Aspartame Free
- No added sugar**
- Gluten Free

MET-Rx® Original Meal Replacement Powder is the foundational supplement for all athletes looking to improve their overall health and physique. Why take chances with your meal replacement - trust the clinically studied METAMYOSYN® protein blend.

THE SECRET IS THE SOURCE OF PROTEIN!

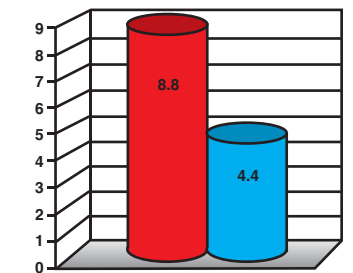
METAMYOSYN® protein, based on metabolic research to help support lean muscle mass, was originally developed by a physician and has been studied in three published clinical trials.^{1,2,3} In a groundbreaking study, subjects using MET-Rx® Original Meal Replacement twice per day gained more muscle and strength over 12 weeks than a group receiving whey protein only supplements.¹

METAMYOSYN® protein is a superior quality blend which combines premium casein with whey and milk proteins, plus L-Glutamine and naturally occurring Branched Chain Amino Acids - Isoleucine, Leucine and Valine. The precise combination of proteins in METAMYOSYN® provides your body with a highly bioavailable fuel to meet your nutritional needs.

Research 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. Milk protein naturally contains both whey and casein - to provide slow and fast-digesting properties.

Study finds subjects using MET-Rx OMR twice per day gained more muscle and strength over 12 weeks than a group receiving whey protein supplements.¹

Improvements in Lean Mass

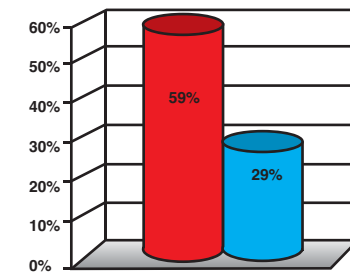


lbs. lean mass

Final Results: MET-Rx Group

- 100% Greater Gains in Lean Mass Compared to Whey Protein Group
- 103% Greater Gains in Strength Compared to Whey Protein Group

Improvements in Strength



% Change

References:

1. Demling, R. Ann Nutr & Metab. 2000. 44(1): 21-29.
2. Demling, R. J Brn Care & Rehab. 1998. 19. 161-168.
3. Demling, R. The Jnl of Trm, Inj, Inf, and Crit Care. 1997. 43(1): 47-51.

MET-Rx® METAMYOSYN®, Trust the Original!

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