

CREAMY VANILLA

RTD 51

- Contains slow-digesting proteins for extended muscle support*
- Loaded with BCAAs and other essential amino acids from high-quality protein
- Excellent source of 20 vitamins and minerals essential for protein metabolism and other metabolic functions*
- Helps replenish energy*
- Low in fat
- No aspartame

Directions For Adult Use: Drink one to two cans per day to support your daily high protein and calorie needs. To support muscle-building, consume approximately 1 gram of protein per pound of body weight from all dietary sources per day.* For best results, drink 1 can of RTD 51 immediately following your workout to help support muscle recovery.*

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

Shake Gently • Serve Chilled
Contents Under Pressure: Open Slowly to Reduce Potential Splashing.

REFRIGERATE AFTER OPENING
KEEP OUT OF REACH OF CHILDREN.

Manufactured in the USA with select ingredients from around the world for
MET-RX Nutrition, Inc., Boca Raton, FL 33487
©2017 Questions? Call toll free 1-800-65-MET-RX
To learn more, please go to www.METRX.com

NEW LOOK RTD 51



MET-RX

HIGH PROTEIN READY-TO-DRINK SHAKE



51g
PROTEIN

2g
SUGAR

- **NATURALLY & ARTIFICIALLY FLAVORED**
- **0g TRANS FAT**
- **100% DV CALCIUM**

15 fl. oz. (443 mL)

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

MET-RX

Nutrition Facts

Serving Size 1 Can

Amount Per Serving

Calories 230 Calories from Fat 10

%Daily Value**

Total Fat 1g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 190mg **8%**

Potassium 380mg **11%**

Total Carbohydrate 5g **2%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 51g **102%**

Vitamin A 30% Vitamin C 50%

Calcium 100% Iron 8%

Vitamin D 40% Vitamin E 40%

Vitamin K 30% Thiamin 70%

Riboflavin 50% Niacin 45%

Vitamin B-6 50% Folic Acid 45%

Vitamin B-12 60% Biotin 35%

Pantothenic Acid 50% Phosphorus 45%

Iodine 25% Magnesium 8%

Zinc 10% Selenium 20%

Copper 10% Manganese 40%

Chromium 25% Molybdenum 25%

**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 25g 35g

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: Water, Metamycosin® VPR Protein Blend (Calcium Caseinate, Milk Protein Concentrate, Whey Protein Concentrate), Natural and Artificial Flavors (Contains Caramel Color), Cellulose Gel, Vitamin and Mineral Blend (Tricalcium Phosphate, Sodium Phosphate, Sodium Acetate, Sodium Citrate, di-Alpha Tocopheryl Acetate, Nicotinamide, Vitamin A Palmitate, d-Calcium Pantothenate, Potassium Sulfate, Pyridoxine Hydrochloride, Riboflavin, Copper Sulfate, Cyanocobalamin, Folic Acid, Biotin, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenite), Dipotassium Phosphate, Sucralose, Sodium Hydroxide, Acesulfame Potassium, Carrageenan, Cellulose Gum.

Contains milk ingredients

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