

PEANUT BUTTER CUP

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 over 20 vitamins and minerals essential for protein metabolism and other metabolic functions*
- Helps replenish energy*
- 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 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com

NEW LOOK RTD 51



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.



Nutrition Facts

Serving Size 1 Can

Amount Per Serving

Calories 260 Calories from Fat 30

%Daily Value**

Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 190mg	8%
Potassium 460mg	13%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 51g	102%

Vitamin A 30%	Vitamin C 50%
Calcium 100%	Iron 15%
Vitamin D 40%	Vitamin E 45%
Vitamin K 25%	Thiamin 70%
Riboflavin 50%	Niacin 45%
Vitamin B-6 50%	Folic Acid 45%
Vitamin B-12 80%	Biotin 35%
Pantothenic Acid 50%	Phosphorus 45%
Iodine 25%	Magnesium 15%
Zinc 15%	Selenium 20%
Copper 20%	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	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g
Protein	Less than	55g	65g

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

Ingredients: Water, Metamycin® VPR Protein Blend (Calcium Caseinate, Milk Protein Concentrate, Whey Protein Concentrate), Natural and Artificial Flavors, Peanut Butter, Cocoa (Processed with Alkali), Cellulose Gel, Vitamin and Mineral Blend (tricalcium Phosphate, Sodium Phosphate, Sodium Ascorbate, Sodium Citrate, d-Alpha Tocopheryl Acetate, Niacinamide, Vitamin A Palmitate, d-Calcium Pantothenate, Ferrous Sulfate, Pyridoxine, Manganese Sulfate, Oxidized Cellulose, Zinc Oxide, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Copper Sulfate, Cyanocobalamin, Folic Acid, Biotin, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenite, Sucralose, Dipotassium Phosphate, Cellulose Gum, Acesulfame Potassium, Sodium Hydroxide, Carrageenan.

Contains milk and peanut ingredients.

