

# COOKIES & CREME

## 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\*
- 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 1-800-55-MET-Rx  
To learn more, please go to [www.MET-Rx.com](http://www.MET-Rx.com)

## NEW LOOK RTD 51



**MET-RX**  
HIGH PROTEIN READY-TO-DRINK SHAKE



**51g**  
PROTEIN

**4g**  
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 260                 | Calories from Fat 20 |
|------------------------------|----------------------|
| %Daily Value**               |                      |
| <b>Total Fat</b> 2.5g        | <b>4%</b>            |
| Saturated Fat 1g             | <b>5%</b>            |
| Trans Fat 0g                 |                      |
| <b>Cholesterol</b> 40mg      | <b>13%</b>           |
| <b>Sodium</b> 160mg          | <b>7%</b>            |
| <b>Potassium</b> 410mg       | <b>12%</b>           |
| <b>Total Carbohydrate</b> 8g | <b>3%</b>            |
| Dietary Fiber 3g             | <b>12%</b>           |
| Sugars 4g                    |                      |
| <b>Protein</b> 51g           | <b>102%</b>          |

|                      |                |
|----------------------|----------------|
| Vitamin A 30%        | Vitamin C 50%  |
| Calcium 100%         | Iron 15%       |
| Vitamin D 40%        | Vitamin E 45%  |
| 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 80% |
| Iodine 25%           | Magnesium 20%  |
| Zinc 10%             | 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          |           | 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, Metamypyr® VPR Protein Blend (Milk Protein Concentrate, Whey Protein Concentrate, Calcium Caseinate), Cocoa (Processed with Alkali), Natural and Artificial Flavors (contains wheat, soy, and caramel color), Cellulose Gel, Vitamin and Mineral Blend (Tricalcium Phosphate, Sodium Phosphate, Sodium Ascorbate, Sodium Citrate, di-Alpha Tocopheryl Acetate, Nicotinamide, Vitamin A Palmitate, d-Calcium Panthothenate, Ferrous Sulfate, Phytantriol, Manganese Sulfate, Cholecalciferol, Zinc Oxide, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Copper Sulfate, Cyanocobalamin, Folic Acid, Biotin, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenite), Sucralose, Cellulose Gum, Acesulfame Potassium, Carrageenan.

Contains milk, wheat and soy ingredients.

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