

Pure Nutrition, Pure Quality, Pure Results

OX Nutrition's MRS contains a superior source of whey protein and milk protein isolate (casein) to form the ultimate multi-functional time released protein. New research shows that a combination of an anti-catabolic milk protein (casein) along with the anabolic effects of whey protein are much more effective for muscle growth and repair than whey protein alone. Since whey rapidly increases protein synthesis and casein blocks protein breakdown, this proprietary blend is an ideal source for sustained amino acid availability.

OX Nutrition's MRS contains a comprehensive multiple vitamin, mineral, and anti-oxidant program. A good multi-vitamin is the foundation of health and nutrition. A diet lacking in certain nutrients may lead to health concerns and decreased performance and/or recovery from exercise. MRS contains a synergistic blend of vitamins, minerals and anti-oxidants that will cover any nutritional shortfalls throughout the day.

Excellent Fiber Source: Dietary fiber is known for its ability to support and maintain intestinal regularity. The MRS contains 7 grams of soluble and insoluble fiber per serving which supports intestinal and digestive health. Inulin is added to stimulate the growth of friendly and healthy intestinal bacteria which supports good colon health.

Added Joint Health: The MRS contains a source of bioactive milk compounds (MicroLactin®) which have been clinically proven to promote healthy joint function and speed up recovery time. MicroLactin® may also help decrease joint pain & stiffness while significantly improving mobility and range of motion.

MicroLactin® is a registered trademark of Stolle Milk Biologics, Inc. U.S. Patent No. 5,650,175

VitaBerry® is a registered trademark of VDF FutureCeuticals, Inc.

Alphabeads® is a registered trademark of Genotech

Digese® Plus is a registered trademark of Specialty Enzymes & Biochemicals

These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure or prevent any disease.

Exclusively Manufactured for:
OX Nutrition • Phoenix, AZ 85085
1-800-798-0707 • www.houseofox.com



OX NUTRITION

ALL NATURAL MEAL REPLACEMENT SHAKE

42 grams of Quality Protein ■ Mixes Instantly ■ 7 Grams of Fiber
24 Vitamins & Minerals ■ Anti-Oxidant Support

A DIETARY SUPPLEMENT
3 LBS (1380 GRAMS)

VANILLA

Suggested Use:

Mix 2 heaping scoops with 10 oz. of cold water or favorite beverage and thoroughly mix in a shaker or blender for 30 seconds.

For best results, use 2 to 3 servings daily. Notice: Use this product as a food supplement only. Do not use for weight reduction.

Nutrition Facts

Serving Size: (2) heaping scoops (69 g)
Servings Per Container: 20

	Amount Per Serving	%DV*		Amount Per Serving	%DV*
Calories	250		Potassium	235 mg	7%
Calories from Fat	18		Alpha Lipoic Acid	25 mg	†
Total Fat	2 g	3%	L-Carnitine	20 mg	†
Saturated Fat	1 g	5%	Choline Bitartrate	20 mg	†
Cholesterol	75 mg	28%	Inositol	20 mg	†
Sodium	144 mg	8%	Quercetin	20 mg	†
Total Carbohydrate	16 g	5%	Grapeseed Extract 95%	8 mg	†
Dietary Fiber	7 g	20%	CoQ10	8 mg	†
Sugars	3 g		PABA (para aminobenzoic acid)	3 mg	†
Protein	42 g		Lycopene	1 mg	†
Vitamin A (Alphabeads® natural mixed carotenoid complex containing Alpha-Carotene, Beta-Carotene, Gamma-Carotene & Lycopene)	6,250 IU	125%	VitaBerry® HIORAC Fruit Blend	10 mg	†
Vitamin C	63 mg	105%	Mangosteen	1.3 mg	†
Vitamin D (as Cholecalciferol)	50 IU	13%	Boron	500 mcg	†
Vitamin E	100 IU	333%			
Thiamine	13 mg	86%	Typical Amino Acid Profile		
Riboflavin	13 mg	76%	Alanine	1900 mg	†
Niacinamide	38 mg	100%	Arginine	1190 mg	†
Vitamin B6	13 mg	217%	Aspartic Acid	5000 mg	†
Folic Acid	200 mcg	50%	Cysteine	730 mg	†
Vitamin B12 (as Methylcobalamin)	250 mcg	4167%	Glutamic Acid	7450 mg	†
Biotin	75 mcg	250%	L-Glutamine	1100 mg	†
Pantothenic Acid	38 mg	380%	Histidine	620mg	†
Calcium	510 mg	51%	Isoleucine	2290 mg	†
Iodine	19 mcg	13%	Valine	2150 mg	†
Magnesium	135 mg	34%	Leucine	3780 mg	†
Zinc	4 mg	27%	Lysine	3220 mg	†
Selenium	50 mcg	71%	Methionine	970 mg	†
Copper	500 mcg	25%	Phenylalanine	1390 mg	†
Manganese	1 mg	50%	Proline	2990 mg	†
Chromium	50 mcg	42%	Serine	1900 mg	†
Molybdenum	20 mcg	27%	Threonine	2300 mg	†
			Tryptophan	500 mg	†
			Tyrosine	1410 mg	†

† Daily Value not established. *Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Ingredients: **Whey Advantage Proprietary Protein Blend:** (Ultra-Filtered Whey Protein Concentrates, Cross Flow Micro-Filtered Whey Protein Isolates, Milk Protein Isolate, IgG Hyperimmune Micronutrient Peptides (MicroLactin®) & L-Glutamine), **Fiber Blend** (Flax Seed, Fibersol-2, Inulin, Guar Gum and Oat Bran), **DigesebPlus® Enzyme Blend** (Amylase, Protease B&L, Lactase, Lipase, Cellulase, Maltase & Sucrase) **VitaBerry® HIORAC Fruit Blend** (Wild Blueberry Extract, Grape & Grape Seed Extract, Raspberry & Raspberry Seed Extract, Cranberry, Prune, Tart Cherry, Wild Bilberry Extract, & Strawberry), **Calcium Complex** (from Calcium Citrate & Calcium Bis-Glycinate, **Magnesium Complex** (from Magnesium Citrate, Aspartate, Alpha-ketoglutarate, & Oxide) **Vitamin C Complex** (from Ascorbic acid & Ascorbyl Palmitate), **Alphabeads® Mixed Carotenoid Complex** (Alpha-Carotene, Beta-Carotene & Gamma-Carotene), **Potassium Complex** (from Potassium Aspartate, Alpha-ketoglutarate & Citrate), **Vitamin E Complex** (from d-Alpha Tocopherol Acetate, Succinate & Mixed Tocopherols) Pantothenic acid, Niacinamide, Thiamine, Riboflavin, Pyridoxine HCL, Zinc Amino Acid Chelate, Biotin, Manganese Gluconate, Copper Gluconate, Selenium Amino Acid Chelate, Methylcobalamin, Folic Acid USP, Selenomethionine, Chromium Picolinate, Molybdenum, Cholecalciferol, Potassium Iodine, **Anti-oxidant Blend** (Alpha Lipoic Acid, L-Carnitine Tartrate, Choline Bitartrate, Inositol, Quercetin, Grapeseed Extract, CoQ10, Para Aminobenzoic Acid, Lycopene & Mangosteen), Fructose, Natural Vanilla Flavor & SweetLeaf® Stevia.

KEEP OUT OF REACH OF CHILDREN
STORE IN A COOL, DRY PLACE
SERVING SCOOP INCLUDED, BUT MAY
SETTLE TO BOTTOM DURING SHIPPING