

The food you put into your body can have a big impact on how you look, feel and work out. MET-Rx® Protein Plus was invented to give you the competitive advantage — especially when it comes to quality protein! Each high-protein serving provides better than a 5:1 ratio of protein to carbs to help meet your nutritional goals. Best of all, MET-Rx® Protein Plus contains no added corn syrup solids, mono- or diglycerides and is free of aspartame and hydrogenated oils — which means 0 grams trans-fats!

The Secret is in the Protein Source!

The renowned MET-Rx® protein formulation consists of METAMYOSYN®, which combines premium whey protein isolates and casein proteins, plus L-Glutamine and naturally occurring Branched Chain Amino Acids from protein — Isoleucine, Leucine and Valine. 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 is a natural source of whey and casein. MET-Rx® Protein Plus gives you a firm nutritional basis to help build lean muscle in a low-fat, great tasting formula.*

Use MET-Rx® Protein Plus 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® Protein Plus makes it a perfect before-bed supplement as it provides “time-released” amino acid delivery to your body.

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

Contents are sold by weight. Some settling may occur.

Perfect anytime, anywhere, MET-Rx® Protein Plus is your power protein source!

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



METAMYOSYN®
PROTEIN PLUS

—
PROTEIN
SUPPLEMENT POWDER
Net Wt. 2 lb. (32 oz.) (907 g)

21G
PROTEIN

Features Premium Whey Isolate & Casein

Fuels Muscle Recovery & Strength*

Low Fat, Gluten Free & Aspartame Free

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

Supplement Facts

Serving Size	1 Scoop (31g)	2 Scoops (62g)
Servings Per Container	about 29	about 15
Amount Per Serving	%Daily Value	%Daily Value
Calories	110	220
Total Fat	1 g1%**	1.5 g2%**
Saturated Fat	0.5 g3%**	1 g5%**
Trans Fat	0 g***	0 g***
Cholesterol	10 mg3%	20 mg7%
Total Carbohydrate	4 g1%**	7 g3%**
Dietary Fiber	<1 g2%**	1 g4%**
Total Sugars	1 g***	3 g***
Includes Added Sugars	<1 g1%**	1 g2%**
Protein	21 g42%**	42 g84%**
Calcium	380 mg29%	760 mg58%
Iron	0.65 mg4%	1.3 mg7%
Phosphorus	200 mg16%	400 mg32%
Magnesium	15 mg4%	31 mg7%
Sodium	70 mg3%	140 mg6%
Potassium	200 mg4%	400 mg9%
L-Glutamine	1.5 g***	3 g***

**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

Ingredients: METAMYOSYN® Protein Blend (Milk Protein Concentrate, Calcium Sodium Caseinate, Whey Protein Isolate, L-Glutamine, Egg White), Natural and Artificial Flavors, Cocoa (processed with alkali), Cellulose Gum, Acesulfame Potassium, Xanthan Gum, Sucralose, Sunflower Lecithin, Guar Gum.

Contains milk and egg.

Made in a facility that also processes peanuts, tree nuts, soybean, wheat, sesame, shellfish and fish.

Directions: Add one to two (1-2) scoops of powder with 6-16 ounces of cold water or milk and mix thoroughly in a blender. Increase or decrease the amount of liquid to achieve desired consistency. Drink 1-2 servings per day. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

TYPICAL AMINO ACID PROFILE (milligrams per 31 g scoop*****)			
Essential Amino Acids		Nonessential Amino Acids	
Histidine	668 mg	Alanine	734 mg
Isoleucine	1,099 mg	Arginine	746 mg
Leucine	1,969 mg	Aspartic Acid	1,688 mg
Lysine	1,627 mg	Cysteine	221 mg
Methionine	545 mg	Glutamic Acid	5,667 mg
Phenylalanine	935 mg	Glycine	379 mg
Threonine	1,055 mg	Proline	1,913 mg
Tryptophan****	298 mg	Serine	1,113 mg
Valine	1,291 mg	Tyrosine	965 mg

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



Manufactured in the USA with select ingredients from around the world for MET-Rx Nutrition, Inc. Boca Raton, FL 33487
©2020 Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.METRx.com

