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 sugar<sup>1</sup>, corn syrup solids, mono- or diglycerides and is free of aspartame and hydrogenated oils - which means 0 grams trans-fats!

<sup>1</sup> Not a low calorie food. Some sugar naturally occurs in ingredients. See supplement facts panel for sugar and calorie content.

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.\*

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.

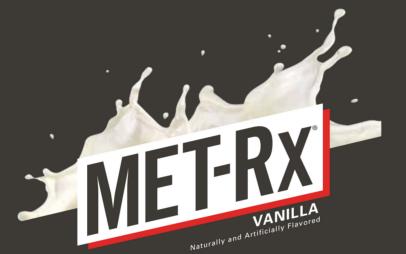
Use in conjunction with an intense daily exercise program and a balanced diet including an

adequate caloric intake.

Contents are sold by weight. Some settling may occur.

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

PROTFIN SUPPLEMENT POWDER Net Wt. 2 lb. (32 oz.) (907 g) 22**G** 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 Servings Per Container		1 Scoop (28.5g) about 32 %Daily Value		2 Scoops (57g) about 16 <b>%Daily Value</b>		
Amount Per Serving						
Calories	100			210		
Total Fat	0.5	g	1%**	1	g	1%**
Saturated Fat	0	g	0%**	0.5	g	3%**
Trans Fat	0	g	***	0	g	***
Cholesterol	10	mg	3%	20	mg	7%
Total Carbohydrate	2	g	1%**	3	g	1%**
Total Sugars	1	g	***	2	g	***
Protein	22	g	44%**	43	g	86%**
Calcium	390	mg	30%	780	mg	60%
Phosphorus	200	mg	16%	400	mg	32%
Magnesium	16	mg	4%	32	mg	8%
Sodium	70	mg	3%	140	mg	6%
Potassium	90	mg	2%	180	mg	4%

1.5 a \*\*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, Guar Gum, Cellulose Gum, Xanthan Gum,

Contains milk and egg ingredients

Sucralose, Sunflower Lecithin,

L-Glutamine

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

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 PROFILI

(milligrams per 28.5 g scoop*****)								
Essential Ami	no Acids	Nonessential Amino Acids						
Histidine	688 mg	Alanine	732 mg					
Isoleucine	1,111 mg	Arginine	741 mg					
Leucine	2,000 mg	Aspartic Acid	1,682 mg					
Lysine	1,663 mg	Cysteine	214 mg					
Methionine	557 mg	Glutamic Acid	5,724 mg					
Phenylalanine	946 mg	Glycine	369 mg					
Threonine	1,060 mg	Proline	1,958 mg					
Tryptophan****	301 mg	Serine	1,125 mg					
Valine	1,304 mg	Tyrosine	983 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.

@2020 Questions? Call toll free 1-800-55-MET-Rx To learn more, please go to www.METRx.com

