

**NEW &  
IMPROVED  
TASTE**



**MET-RX**  
No Artificial Flavors, Colors or Sweeteners  
**CHOCOLATE**

# NATURAL WHEY PROTEIN

**25G  
PROTEIN\***

**12  
VITAMINS &  
MINERALS**

SUPPORTS LEAN MUSCLE AND STRENGTH\*

Ultra-filtered | Gluten Free | Non-GMO | More Protein^

PROTEIN POWDER  
Dietary Supplement

Net Wt. 5 lb. (80 oz.) (2.26 kg)

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

### Supplement Facts

Serving Size 1 Scoop (42 g)  
Servings Per Container about 54

Amount Per Serving		%Daily Value
Calories	160	
Total Fat	2.5 g	3%**
Saturated Fat	1 g	5%**
Cholesterol	75 mg	25%
Total Carbohydrate	10 g	4%**
Total Sugars	4 g	***
Includes 3g Added Sugars		6%**
Protein	25 g	50%**
Vitamin C	13.5 mg	15%
Vitamin D3	3 mcg (120 IU)	15%
Thiamin (Vitamin B-1)	0.18 mg	15%
Riboflavin (Vitamin B-2)	0.2 mg	15%
Niacin	2 mg	13%
Vitamin B-6	0.26 mg	15%
Folate	60 mcg DFE (35 mcg folic acid)	15%
Vitamin B-12	0.36 mcg	15%
Biotin (as d-Biotin)	4.5 mcg	15%
Pantothenic Acid	0.75 mg	15%
Calcium	200 mg	15%
Iron	1.1 mg	6%
Phosphorus	120 mg	10%
Chloride	100 mg	4%
Sodium	150 mg	7%
Potassium	270 mg	6%

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

**INGREDIENTS:** Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Maltodextrin, Cocoa (processed with alkali), Dried Cane Syrup, Natural Flavors, Sunflower Lecithin, Salt, Xanthan Gum, Stevia Leaf Extract, Carrageenan.

**VITAMINS AND MINERALS BLEND:** Calcium Carbonate, Calcium Phosphate, Potassium Chloride, Ascorbic Acid, Niacinamide, Calcium Pantothenate, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Folic Acid, Biotin, Cholecalciferol, Cyanocobalamin. Contains milk ingredients.

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

\*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.

**DIRECTIONS:** Take one (1) scoop (42 g), one to two times daily. Serious athletes should consume 1 scoop 2-4 times per day for maximum muscle support, with at least 1 scoop taken immediately after exercise. 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. Not intended for use by persons under the age of 18.

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

Contents are sold by weight. Some settling may occur.

∅See nutrition information for cholesterol content.

### TYPICAL AMINO ACID PROFILE (milligrams per 42 g scoop\*\*\*\*)

Essential Amino Acids	Nonessential Amino Acids		
Histidine	559 mg	Alanine	1,144 mg
Isoleucine	1,506 mg	Arginine	762 mg
Leucine	2,710 mg	Aspartic Acid	2,895 mg
Lysine	2,287 mg	Cysteine	540 mg
Methionine	552 mg	Glutamic Acid	3,693 mg
Phenylalanine	847 mg	Glycine	488 mg
Threonine	1,973 mg	Proline	1,478 mg
Tryptophan*****	425 mg	Serine	1,464 mg
Valine	1,445 mg	Tyrosine	773 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  
©2019 Questions? Call toll free 1-800-55-MET-Rx  
To learn more, please go to [www.metrx.com](http://www.metrx.com)



^when compared to our original formula

### PRE & POST WORKOUT

For best results and maximum muscle support, take one (1) scoop one to two times daily, especially after exercise.\*

### MET-Rx® NATURAL WHEY PROTEIN

MET-Rx® Natural Whey Protein utilizes state-of-the-art manufacturing techniques to deliver a cutting edge ultra-filtered 100% whey protein blend that is both wholesome and scientifically advanced. Non-GMO and with absolutely no artificial sweeteners, flavors or colors - MET-Rx® Natural Whey Protein should be your first choice for high quality protein.

### WHAT MAKES MET-Rx® NATURAL WHEY PROTEIN WORTH IT:

- MET-Rx® Natural Whey Protein provides gold standard Whey Protein, which undergoes filtration processes to reduce total lactose and carbohydrates while concentrating the natural proteins.
- Naturally contains active Whey Protein Peptides and Microfractions including: Beta-Lactoglobulin, Alpha-Lactalbumin, Glycomacropeptides.
- Instantized Whey Proteins for easy mixing and complete dispersion in liquid.
- Quick absorbing Whey Protein Blend to speed amino acid delivery to muscles immediately after workouts, to help stimulate muscle protein synthesis.\*
- Contains naturally occurring Branched Chain Amino Acids.

Whey is the preferred protein source in sports and bodybuilding nutrition because it provides a superior source of Branched Chain Amino Acids – made up of Leucine, Isoleucine and Valine – which are important for the maintenance of muscle tissue.\* Unlike some other incomplete protein sources, MET-Rx® Natural Whey Protein contains all of the essential amino acids required for supporting lean muscle.\*

To support muscle-building, consume approximately 1 gram of protein per pound of body weight from all dietary sources per day.\*

MET-Rx® Natural Whey Protein contains no aspartame.

### BLENDER – SIMPLE

Add one scoop of MET-Rx® Natural Whey Protein to blender filled with 6-8 ounces of your favorite beverage. Cover and blend for 20-30 seconds. For a delicious smoothie, add peanut butter, fruit, or yogurt along with ice cubes.^^

### SHAKER – SIMPLER

Fill a shaker bottle with 6-8 ounces of your favorite beverage. Add one scoop of MET-Rx® Natural Whey Protein. Cover and shake for 25-30 seconds.

### GLASS & SPOON – SIMPLEST

Add one scoop of MET-Rx® Natural Whey Protein to 6-8 ounces of your favorite beverage. Stir for 20-30 seconds or until completely blended.

^^For Mass Gaining: add higher calorie foods such as peanut butter, 1-2% milk, and fruit juices.

For Dieters: add lower calorie foods such as skim milk, blueberries and raspberries, or just use water.

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