

^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, Lactoferrin, and other bio-active components.
- 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.

**NEW & IMPROVED TASTE**

# MET-RX®

No Artificial Flavors, Colors or Sweeteners  
**VANILLA**

# NATURAL WHEY PROTEIN

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)

**25G**  
PROTEIN

**12**  
VITAMINS & MINERALS

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

## Supplement Facts

Serving Size 1 Scoop (39 g)  
Servings Per Container about 58

Amount Per Serving		%Daily Value
Calories	150	
Total Fat	2 g	3%**
Saturated Fat	1 g	5%**
Cholesterol	75 mg	25%
Total Carbohydrate	8 g	3%**
Total Sugars	3 g	***
Includes 2g Added Sugars		4%**
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%
Phosphorus	120 mg	10%
Chloride	100 mg	4%
Sodium	130 mg	6%
Potassium	150 mg	3%

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

**INGREDIENTS:** Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Dried Cane Sugar, Erythritol, Natural Flavors, Guar Gum, Sunflower Lecithin, Salt, Gum Acacia, Xanthan Gum, Carrageenan, Stevia Leaf Extract.

**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 (39 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 39 g scoop\*\*\*\*)

Essential Amino Acids		Nonessential Amino Acids	
Histidine	549 mg	Alanine	1,118 mg
Isoleucine	1,482 mg	Arginine	722 mg
Leucine	2,672 mg	Aspartic Acid	2,833 mg
Lysine	2,266 mg	Cysteine	528 mg
Methionine	544 mg	Glutamic Acid	3,590 mg
Phenylalanine	818 mg	Glycine	462 mg
Threonine	1,947 mg	Proline	1,450 mg
Tryptophan*****	417 mg	Serine	1,433 mg
Valine	1,408 mg	Tyrosine	751 mg

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

# MET-RX®

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)

