

POST-WORKOUT FOR MAXIMUM MUSCLE SUPPORT, CONSUME 1-2 SCOOPS IMMEDIATELY AFTER EXERCISE.*

MET-Rx® ULTRAMYOSYN® WHEY

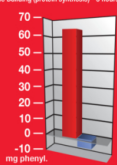
MET-Rx® ULTRAMYOSYN® WHEY, GREAT-TASTING PREMIUM WHEY THAT DELIVERS A POWERFUL BLEND OF HIGH QUALITY PROTEIN AND THE PERFECT COMBINATION OF BRANCHED CHAIN AMINO ACIDS FROM PROTEIN THAT BODYBUILDERS AND ATHLETES DEMAND. CONSISTENT INTAKE OF MET-Rx® ULTRAMYOSYN® WHEY, COMBINED WITH AN INTENSE WEIGHT-TRAINING PROGRAM, CAN SUPPORT MUSCLE AND PEAK CONDITIONING.*

What makes MET-Rx® Ultramiosyn® Whey worth it:

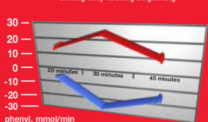
- MET-Rx® Ultramiosyn® Whey provides cross-flow Ultrafiltered Whey Protein Concentrate.
- Precise laboratory techniques are utilized to retain the active Whey Protein Peptides and Microfractions including: Beta-lactoglobulin, Alpha-lactalbumin, Glycomacropeptides, Lactoferrin, and other bio-active components.
- 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 support muscle protein synthesis.*
- Contains naturally occurring Branched Chain Amino Acids. Each serving contains almost 4 g of the following Branched Chain Amino Acids from protein:
 - Which typically provides:
 - Isoleucine 1.2 g
 - Leucine 2.2 g
 - Valine 1.2 g

Whey is the preferred protein source in sports and bodybuilding nutrition because it provides a high concentration 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® Ultramiosyn® Whey contains all of the essential amino acids required for supporting lean muscle.*

Net Muscle Building (protein synthesis) - 5 hours after exercise



Muscle protein synthesis within 20 minutes after drinking whey following weightlifting!



Tipton, K. *Med Sci Sports Exerc*. 2004. 36(12): 2073-2081

LEAN MASS & STRENGTH*

MET-Rx®

ULTRAMYOSYN®

WHEY



CHOCOLATE
Natural and Artificial Flavors

» **22G PROTEIN WITH HIGH-QUALITY, FAST ACTING WHEY**

» **OVER 4G OF BCAAs FROM PROTEIN**

» **INSTANTIZED FOR EASY MIXING**

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.
PROTEIN POWDER / NET WT. 5 LB. (80 OZ.) (2.26 kg)

Nutrition Facts

Serving Size 1 Scoop (31g)
Servings Per Container about 73

| Amount Per Serving | | %Daily Value** |
|------------------------------|----------------------|----------------|
| Calories 120 | Calories from Fat 20 | |
| Total Fat 2.5g | | 4% |
| Saturated Fat 1g | | 5% |
| Trans Fat 0g | | |
| Cholesterol 65mg | | 21% |
| Sodium 160mg | | 7% |
| Potassium 260mg | | 7% |
| Total Carbohydrate 3g | | 1% |
| Dietary Fiber <1g | | 3% |
| Sugars 2g | | |
| Protein 22g | | 43% |
| Vitamin A 0% | Vitamin C 0% | |
| Calcium 20% | Iron 4% | |

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Potassium 3,500mg 3,500mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 35g
Protein 80g 85g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Cocoa (processed with alkali), Natural and Artificial Flavors, Soy Lecithin, Cellulose Gum, Salt, Xanthan Gum, Dicalcium Phosphate, Calcium Carbonate, Acesulfame Potassium, Sucralose.
Contains milk and soy ingredients.

| Typical Amino Acid Profile (milligrams per 31 g scoop****) | | | |
|--|----------|--------------------------|----------|
| Essential Amino Acids | | Nonessential Amino Acids | |
| Histidine | 458 mg | Alanine | 937 mg |
| Isoleucine | 1,240 mg | Arginine | 622 mg |
| Leucine | 2,222 mg | Aspartic Acid | 2,366 mg |
| Lysine | 1,867 mg | Cysteine | 484 mg |
| Methionine | 450 mg | Glutamic Acid | 3,034 mg |
| Phenylalanine | 691 mg | Glycine | 395 mg |
| Threonine | 1,614 mg | Proline | 1,227 mg |
| Tryptophan*** | 348 mg | Serine | 1,196 mg |
| Valine | 1,184 mg | Tyrosine | 633 mg |

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

Directions: For adults, take one (1) scoop (31 g), one to two times daily. Serious athletes should consume 1-2 scoops twice per day for maximum muscle support, with at least 1-2 scoops taken immediately after exercise.

Blender – Simple
Add one scoop of MET-Rx® Ultramiosyn® Whey 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® Ultramiosyn® Whey. Cover and shake for 25-30 seconds.

Glass & Spoon – Simplest
Add one scoop of MET-Rx® Ultramiosyn® Whey 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.

Contents are sold by weight. Some settling may occur.

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 DAMAGED OR MISSING.

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

MET-Rx® Ultramiosyn® Whey contains no aspartame.

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

MET-Rx
Shaping Every Body.

Manufactured in the USA by
MET-Rx Nutrition, Inc., Boca Raton, FL 33487
©2012
Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com

