

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® Ultramysyn® Whey worth it:

- MET-Rx® Ultramysyn® 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 over 5 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® Ultramysyn® Whey contains all of the essential amino acids required for supporting lean muscle.*

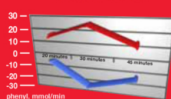
Net Muscle Building (protein synthesis) - 5 hours after exercise



Net Muscle Protein Balance

■ Placebo
■ Whey

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



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

MET-Rx®

ULTRAMYOSYN®

WHEY



COOKIES N' CREAM
Natural and Artificial Flavors

LEAN MASS & STRENGTH*

» **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. 2 LB. (32 OZ.) (907 g)

Nutrition Facts

Serving Size 1 Scoop (30g)
Servings Per Container about 30

Amount Per Serving

Calories 110 Calories from Fat 20

%Daily Value**

Total Fat 2g 3%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 65mg 3%

Potassium 240mg 7%

Total Carbohydrate 3g 1%

Dietary Fiber <1g 3%

Sugars 1g

Protein 22g 43%

Vitamin A 0% • Vitamin C 0%

Calcium 20% • Iron 6%

*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 2g 3% Less than 65g 20%

Saturated Fat 1g 4% Less than 25g 25%

Cholesterol 50mg 17% Less than 300mg 300mg

Sodium 65mg 3% Less than 2,400mg 2,400mg

Potassium 240mg 7% 3,500mg

Total Carbohydrate 3g 1% 300g 375g

Dietary Fiber <1g 3% 25g 30g

Sugars 1g 3% 50g 65g

Protein 22g 43% Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Protein Blend (Ultrafiltered Whey Protein Concentrate [which contains Beta-lactoglobulin, Alpha-lactalbumin and Glycomacropeptides], Microfiltered Whey Protein Isolate), Cocoa (processed with alkali), Natural Flavors, Soy Lecithin, Calcium Carbonate, Dicalcium Phosphate, Cellulose Gum, Xanthan Gum, Acesulfame Potassium, Sucralose. Contains milk and soy ingredients.

Typical Amino Acid Profile (milligrams per 30 g scoop***)			
Essential Amino Acids		Nonessential Amino Acids	
Histidine	450 mg	Alanine	960 mg
Isoleucine	1,285 mg	Arginine	585 mg
Leucine	2,233 mg	Aspartic Acid	2,372 mg
Lysine	1,851 mg	Cysteine	466 mg
Methionine	448 mg	Glutamic Acid	3,204 mg
Phenylalanine	681 mg	Glycine	358 mg
Threonine	1,614 mg	Proline	1,301 mg
Tryptophan***	356 mg	Serine	1,174 mg
Valine	1,203 mg	Tyrosine	637 mg

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

***approximate values

Directions: For adults, take one (1) scoop (30 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® Ultramysyn® 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.^{1,2}

Shaker – Simpler

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

Glass & Spoon – Simplest

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

^{1,2} 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 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.¹

MET-Rx® Ultramysyn® Whey contains no aspartame.

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



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