PRE & POST WORKOUT

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

MET-Rx® ULTRAMYOSYN WHEY ISOLATE

MET-Rx® ULTRAMYOSYN WHEY ISOLATE IS AN ULTRA PREMIUM PROTEIN DESIGNED TO PROVIDE MAXIMUM SUPPORT FOR LEAN MASS, STRENGTH AND EXERCISE RECOVERY. ULTRAMYOSYN WHEY ISOLATE CONTAINS PROTEIN THAT IS PROCESSED USING MICROFILTRATION TO ENSURE AN ISOLATED WHEY THAT CONTAINS A MINIMUM OF 90% PROTEIN WITH MINIMAL LACTOSE AND FAT. THESE ISOLATION PROCESSES SEPARATE THE VALUABLE PROTEIN FROM NON-PROTEIN MATERIALS YIELDING A HIGHLY-PURIFIED WHEY ISOLATE.*

MET-Rx® ULTRAMYOSYN WHEY ISOLATE PROVIDES ALL OF THE BENEFITS WHEY PROTEIN IS KNOWN FOR AND MORE, BY CAREFULLY REMOVING THE FAT AND LACTOSE THAT YOU DON'T NEED WHILE INCREASING THE PERCENTAGE OF AMINOS AS COMPARED TO REGULAR WHEY CONCENTRATE.

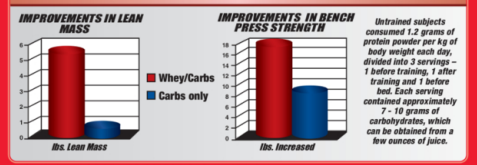
What makes MET-Rx® Ultramyosyn Whey Isolate worth it:

- 25g Pure Whey Isolate with just two grams of carbohydrates.
- Pro-Defense Blend for Recovery from Intense Training*
- Over 5 grams of BCAAs from Protein.
- 99% Lactose Free
- Enhanced with additional free-form amino acids to work synergistically with Whey Isolate's high concentration of aminos to support recovery.*
- State-of-the-art manufacturing processes are used to retain the active Whey Protein Peptides and Microfractions including Beta-lactoglobulin, Alpha-lactalbumin, Lactoferrin and more – some other whey isolate processing methods remove Glycomacropeptides, which are an important protein component.
- Delivers a high quality Whey Isolate protein with a higher amino acid profile gram for gram than ordinary Whey Concentrate.
- Each serving contains over 5 g of the following Branched Chain Amino Acids from protein:

  Which typically provides:

  - Isoleucine 1.6 g
  - Leucine 2.5 g
  - Valine 1.4 g

Whey Protein Combined with a Small Amount of Carbs Provides Greater Support for Muscle and Strength Compared to Carbs-Only When Taken During a Six Week Training program:



Untrained subjects consumed 1.2 grams of protein powder per kg of body weight each day, divided into 3 servings – 1 before training, 1 after training and 1 before bed. Each serving contained approximately 7 - 10 grams of carbohydrates, which can be obtained from a few ounces of juice.

Candow, D. et al. International Journal of Sport Nutrition and Exercise Metabolism. 2006. 16(3): 233-244.

LEAN MASS & STRENGTH*

MET-Rx®

ULTRAMYOSYN WHEY ISOLATE

CHOCOLATE
Naturally & Artificially Flavored

- **30G** OF PROTEIN FEATURING PURE WHEY PROTEIN ISOLATE
- OUR FORMULA CONTAINS **OVER 5G** OF BCAAs FROM PROTEIN PLUS A PRO-DEFENSE BLEND TO HELP SUPPORT MUSCLE RECOVERY FROM INTENSE TRAINING*
- MICROFILTERED FOR FASTER ABSORPTION AND DELIVERY
- ONLY 130 CALORIES AND 2G CARBS PER SERVING, 26 SERVINGS PER CONTAINER.

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 (36g)
Servings Per Container about 26

Amount Per Serving	
Calories 130	Calories from Fat 5
	%Daily Value**
Total Fat 1g	1%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Potassium 200mg	6%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars <1g	
Protein 30g	60%
Vitamin A 0% •	Vitamin C 0%
Calcium 10% •	Iron 2%
Phosphorus 6% •	Magnesium 8%
Copper 2%	

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Whey Protein Isolate, Pro-Defense Blend (L-Glutamine, L-Taurine, L-Arginine, L-Alanine, L-Lysine, L-Leucine, Isoleucine, Valine), Cocoa (processed with Alkali), Natural and Artificial Flavors, Soy Lecithin, Cellulose Gum, Xanthan Gum, Acesulfame Potassium, Carrageenan, Sucralose. Contains milk, soy and wheat ingredients.

Typical Amino Acid Profile (milligrams per 36 g scoop**†)**

Essential Amino Acids		Nonessential Amino Acids	
Histidine	457 mg	Alanine	1,202 mg
Isoleucine	1,619 mg	Arginine	530 mg
Leucine	2,515 mg	Aspartic Acid	2,681 mg
Lysine	1,967 mg	Cysteine	605 mg
Methionine	493 mg	Glutamic Acid	4,265 mg
Phenylalanine	709 mg	Glycine	399 mg
Threonine	1,788 mg	Proline	1,747 mg
Tryptophan***	426 mg	Serine	1,197 mg
Valine	1,433 mg	Tyrosine	725 mg

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

Directions: For adults, take one (1) scoop (36 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® Ultramyosyn Whey Isolate** 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® Ultramyosyn Whey Isolate**. Cover and shake for 25-30 seconds.

Glass & Spoon – Simplest
Add one scoop of **MET-Rx® Ultramyosyn Whey Isolate** 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.

Please note: Crystalline Taurine will appear as small crystals within the powder.

Contents are sold by weight. Some settling may occur.

MET-Rx® Ultramyosyn Whey Isolate is aspartame free.

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.

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.

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

*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

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

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