

MET-Rx® ULTRAMYOSYN WHEY ISOLATE

MET-Rx® Ultramysyn Whey Isolate is an ultra premium protein designed to provide maximum support for lean muscle, strength and exercise recovery.** Ultramysyn 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® Ultramysyn 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 amino acids as compared to regular whey concentrate.

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

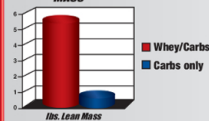
- » 26g 100%* Pure Whey Isolate with just one gram of carbohydrates.
- » Pro-Defense Blend for Recovery from Intense Training**
L-Glutamine, L-Taurine, L-Arginine, L-Alanine, BCAAs
- » Over 5 grams of BCAAs
- » 98% Lactose Free
- » Enhanced with additional free-form amino acids to work synergistically with Whey Isolate's high concentration of amino acids 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 Glycomacropolymers, 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:
Which typically provides:
• Isoleucine 1.6 g • Leucine 2.7 g • Valine 1.4 g

**Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.
***This product is composed of whey protein which is 100% from whey isolate

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.

IMPROVEMENTS IN LEAN MASS



IMPROVEMENTS IN BENCH PRESS STRENGTH



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.

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

MET-RX

ULTRAMYOSYN WHEY ISOLATE

»» THE REVOLUTIONARY SCIENCE OF MUSCLE MASS AND STRENGTH * * ««

Berry Punch

Naturally and Artificially Flavored

»» 26g 100%* Pure Whey Isolate

»» Pro-Defense Blend for Recovery from Intense Training**
L-Glutamine, L-Taurine, L-Arginine, L-Alanine, BCAAs

»» Microfiltered for Faster Absorption and Delivery

PROTEIN POWDER • NET WT. 2 lb. (32 oz.) (907 g)

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

Nutrition Facts

Serving Size 1 Scoop (35g)
Servings Per Container about 26

Amount Per Serving
Calories 130
Calories from Fat 0

%Daily Value***

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol <5mg 1%

Sodium 80mg 3%

Potassium 135mg 4%

Total Carbohydrate 1g <1%

Dietary Fiber 0g 0%

Sugars <1g 0%

Protein 30g 60%

Vitamin A 0%

Vitamin C 0%

Calcium 10%

Iron 0%

Phosphorus 6%

Magnesium 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:

Calories: 2,000 2,500

Total Fat 65g 125g 80g

Salt Fat 20g 25g 25g

Cholesterol 300mg 300mg 300mg

Sodium 2,400mg 2,400mg 2,400mg

Potassium 3,500mg 3,500mg 3,500mg

Total Carbohydrate 300g 375g 375g

Dietary Fiber 25g 30g 30g

Protein 65g 65g 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), Natural and Artificial Flavors, Beet Juice Color, Soy Lecithin, Sucralose, Cellulose Gum, Citric Acid, Xanthan Gum, Carrageenan. Contains milk, soy and wheat ingredients.

Typical Amino Acid Profile (milligrams per 35 g scoop****)

Essential Amino Acids

Nonessential Amino Acids

Histidine 402 mg Alanine 1,216 mg

Isoleucine 1,636 mg Arginine 513 mg

Leucine 2,710 mg Aspartic Acid 600 mg

Lysine 2,364 mg Cysteine 600 mg

Methionine 531 mg Glutamic Acid 4,419 mg

Phenylalanine 745 mg Glycine 411 mg

Proline 1,656 mg Proline 1,763 mg

Tryptophan**** 692 mg Serine 1,104 mg

Valine 1,441 mg Tyrosine 892 mg

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

Directions: For adults, take one (1) scoop (35 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 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® Ultramysyn Whey Isolate. Cover and shake for 25-30 seconds.

Glass & Spoon – Simplest

Add one scoop of MET-Rx® Ultramysyn 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® Ultramysyn Whey Isolate is aspartame free.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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

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

