

LEAN MASS & STRENGTH\*

### MET-Rx 180™ PROGRAM

MET-Rx 180™ IS A REVOLUTIONARY WORKOUT PROGRAM CREATED SPECIFICALLY FOR YOU. USING CUTTING EDGE EXERCISE TECHNIQUES AND STATE-OF-THE-ART NUTRITION — MET-Rx 180™ IS DESIGNED TO PROVIDE RESULTS. MET-Rx 180™ HELPS YOU SHAPE YOUR BODY WITH QUALITY, RESULTS-ORIENTED PRODUCTS THAT FULFILL THE APPETITE YOUR BODY NEEDS FOR BALANCED NUTRITION AND PHYSICAL FITNESS.\* FOR TWO DECADES MET-Rx® HAS BEEN AND CONTINUES TO BE ON THE CUTTING-EDGE OF SPORTS NUTRITION, WITH A DIVERSE RANGE OF PRODUCTS ENGINEERED FOR THE NEXT GENERATION OF ATHLETES. THOSE WHO USE STATE-OF-THE-ART NUTRITION AND WORKOUT TO ACHIEVE THEIR GOALS — CHOOSE MET-Rx 180™. AND FOR THOSE WHO NEVER ACCEPT LIMITS OF THEIR MIND, BODY OR SPIRIT — WE ARE MET-Rx®.

### MET-Rx 180™ TruLean™

TruLean™ is a healthy meal with a complete protein blend to help build lean muscle and 25 essential vitamins & minerals.\* It can be used as a meal replacement or as one of several small meals throughout the day to support your nutritional needs. The MET-Rx 180™ TruLean™ Meal Replacement Shake provides a balanced amount of carbohydrates, proteins, vitamins and minerals — just about everything you need to support your body transforming goals.\* TruLean™ is the cornerstone of the MET-Rx 180™ workout program and your body transformation.\*

### SUPERIOR QUALITY PROTEIN:

MET-Rx 180™ TruLean™ combines slow acting casein protein with milk protein, which is a natural source of both whey and casein for fast and slow digesting-properties.\* These high quality sources provide the protein your body needs to support lean muscle throughout your day.\*

### TruLean™ INCLUDES:

- 38 gram protein blend including slow acting proteins for sustained muscle support\*
- 20 grams of carbohydrates to support muscle glycogen needs as well as energy levels at rest and during exercise.\*
- 3 grams of L-Glutamine, an important amino acid for daily exercise\*
- Aspartame Free
- 25 essential vitamins and minerals\*
- No added sugar†
- Formulated without Hydrogenated Oils, which means 0 grams trans fats.
- Gluten Free
- Low fat to support a lean, healthy body.
- 97% Lactose Free

### Additional Key Benefits:

- Calcium and Vitamin D for strong bones.\* Calcium is the primary mineral for bones and is used to form bone structure.\* Vitamin D helps your body utilize calcium.\*
- Protein is important for muscle. The amino acids within protein are used by your body to replenish your protein levels and to help maintain and even build muscle when used in conjunction with resistance training and a balanced diet.\*
- B vitamins for nutrient metabolism.\*
- Vitamins and minerals for a healthy immune system such as C, D, & Zinc.\*

LEAN MASS & STRENGTH\*

# MET-Rx 180<sup>o</sup>

TRANSFORMING EVERY BODY™

## tru|lean™

MEAL REPLACEMENT SHAKE

PROTEIN POWDER

**VANILLA**

Natural and Artificial Flavors

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

NET WT. 5 LB. (80 OZ.) (2,268 g)



### Nutrition Facts

Serving Size 3 Scoops (72 g)  
Servings Per Container about 30

Amount Per Serving  
Calories 250  
Calories from Fat 20

Total Fat 2g 3%  
Saturated Fat 0.5g 3%  
Trans Fat 0g

Cholesterol 20mg 7%  
Sodium 390mg 16%  
Potassium 890mg 25%  
Total Carbohydrate 20g 7%  
Dietary Fiber <1g 3%

Sugars 2g  
Protein 38g 76%

Vitamin A 90%  
Calcium 100%  
Vitamin D 60%  
Vitamin K 50%  
Riboflavin 60%  
Vitamin B-6 60%  
Vitamin B-12 50%

Vitamin C 100%  
Iron 50%  
Vitamin E 150%  
Thiamin 60%  
Niacin 100%  
Folic Acid 100%  
Biotin 60%

Pantothenic Acid 40%  
Iodine 40%  
Zinc 45%  
Copper 40%  
Chromium 45%  
Chloride 15%

Magnesium 45%  
Phosphorus 50%  
Selenium 40%  
Manganese 50%  
Molybdenum 80%

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: 2,500  
Total Fat: Less than 65g  
Saturated Fat: Less than 25g  
Cholesterol: Less than 300mg  
Sodium: Less than 2,400mg  
Potassium: 2,500mg  
Total Carbohydrate: 300g  
Dietary Fiber: 25g  
Protein: 50g

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

Ingredients: Protein Blend (Milk Protein Concentrate, Calcium Sodium Caseinate, L-Glutamine, Whey Protein Concentrate, Egg White), Maltodextrin, Vitamin and Mineral Blend (Dicalcium Phosphate, Dipotassium Phosphate, Potassium Chloride, Potassium Citrate, Sodium Citrate, Magnesium Oxide, Ascorbic Acid, dl-Alpha Tocopheryl Acetate, Ferrous Fumarate, Niacinamide, Vitamin A Palmitate, Calcium Sulfate, Zinc Oxide, dl-Calcium Pantothemate, dl-Alpha Tocopherols, Copper Sulfate, Manganese Sulfate, Beta-Carotene, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Folic Acid, Chromium Picolinate, Biotin, Sodium Molybdate, Potassium Iodide, Tricalcium Phosphate, Sodium Selenite, Phytantriol, Cholecalciferol, Cyanocobalamin, Natural and Artificial Flavors, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Di-glycerides, Natural Tocopherols, Silicon Dioxide, Tricalcium Phosphate), Calcium Lactate, Cellulose Gum, Xanthan Gum, Salt, Soy Lecithin, Guar Gum, Carrageenan, Acesulfame Potassium, Sucralose, Gelatin.

Contains milk, egg and soy ingredients.

Directions: For adults, add three (3) scoops (72g) to 16-20 fl. ounces of cold water or milk and mix thoroughly in a shaker or blender. Increase or decrease the amount of liquid to achieve desired consistency. Drink two shakes per day for best results. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical procedure 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 BROKEN OR MISSING.

Contents are sold by weight. Some settling may occur.

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

†Not a low calorie food. Some sugar naturally occurs in ingredients. See nutrition facts panel for sugar and calorie content.

### Typical Amino Acid Profile (milligrams per 3 scoops (72 g))

| Essential Amino Acids | Nonessential Amino Acids |
|-----------------------|--------------------------|
| Histidine             | 1,010 mg                 |
| Isoleucine            | 1,687 mg                 |
| Leucine               | 3,158 mg                 |
| Lysine                | 2,704 mg                 |
| Methionine            | 951 mg                   |
| Phenylalanine         | 1,668 mg                 |
| Threonine             | 1,505 mg                 |
| Tryptophan****        | 381 mg                   |
| Valine                | 2,141 mg                 |
| Alanine               | 1,115 mg                 |
| Arginine              | 1,250 mg                 |
| Aspartic Acid         | 2,455 mg                 |
| Cysteine              | 216 mg                   |
| Glutamic Acid         | 7,056 mg                 |
| Glycine               | 634 mg                   |
| Proline               | 3,366 mg                 |
| Serine                | 1,868 mg                 |
| Tyrosine              | 1,804 mg                 |

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

**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  
1-855-33-MET-Rx  
To learn more, please go to  
[www.mymetrx.com](http://www.mymetrx.com)

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