

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:

- 39 gram protein blend including slow acting proteins for sustained muscle support*
- 3 grams of L-Glutamine, an important amino acid for daily exercise*
- 25 essential vitamins and minerals*
- Formulated without Hydrogenated Oils, which means 0 grams trans fats.
- Low fat to support a lean, healthy body.
- 17 grams of carbohydrates to support muscle glycogen needs as well as energy levels at rest and during exercise.*
- Aspartame Free
- No added sugar†
- Gluten Free
- 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.*
- B vitamins for nutrient metabolism.*
- Vitamins and minerals for a healthy immune system such as C, D, & Zinc.*
- 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.*

 LEAN MASS & STRENGTH*

MET-Rx 180°

TRANSFORMING EVERY BODY™

tru|lean™

MEAL REPLACEMENT SHAKE

PROTEIN POWDER

CHOCOLATE

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 240
Calories from Fat 25

%Daily Value**

Total Fat 3g 4%
Saturated Fat 1g 5%
Trans Fat 0g

Cholesterol 20mg 7%
Sodium 400mg 17%
Potassium 1,160mg 33%
Total Carbohydrate 17g 6%
Dietary Fiber 3g 11%
Sugars 2g

Protein 39g 79%

Vitamin A 90% • Vitamin C 100%
Calcium 100% • Iron 70%
Vitamin D 60% • Vitamin E 150%
Vitamin K 50% • Thiamin 60%
Riboflavin 60% • Niacin 100%
Vitamin B-6 60% • Folic Acid 100%
Vitamin B-12 50% • Biotin 60%
Pantothenic Acid 40% • Phosphorus 60%
Iodine 40% • Magnesium 50%
Zinc 45% • Selenium 40%
Copper 40% • Manganese 50%
Chromium 50% • Molybdenum 80%
Chloride 15%

**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 80g	25g
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: Protein Blend (Milk Protein Concentrate, Calcium Sodium Caseinate, L-Glutamine, Whey Protein Concentrate, Egg White), Maltodextrin, Cocoa (processed with alkali), Vitamin and Mineral Blend (Dicalcium Phosphate, Dipotassium Phosphate, Potassium Chloride, Potassium Citrate, Magnesium Oxide, Sodium Citrate, Ascorbic Acid, Tricalcium Phosphate, di-Alpha Tocopheryl Acetate, Ferrous Fumarate, Niacinamide, Beta-Carotene, Vitamin A Palmitate, Calcium Sulfate, Zinc Oxide, d-Calcium Pantothenate, Copper Sulfate, Manganese Sulfate, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Sodium Selenite, Folic Acid, Chromium Picolinate, Biotin, Sodium Molybdate, Potassium Iodide, Phytonadione, Cholecalciferol, Cyanocobalamin), Natural and Artificial Flavors, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Diglycerides, Natural Tocopherols, Silicon Dioxide, Tricalcium Phosphate), Calcium Lactate, Cellulose Gum, Xanthan Gum, Salt, Acesulfame Potassium, Guar Gum, Carrageenan, Soy Lecithin, 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	Alanine 1,115 mg
Isoleucine 1,687 mg	Arginine 1,250 mg
Leucine 3,159 mg	Aspartic Acid 2,455 mg
Lysine 2,704 mg	Cysteine 216 mg
Methionine 951 mg	Glutamic Acid 7,056 mg
Phenylalanine 1,668 mg	Glycine 634 mg
Threonine 1,505 mg	Proline 3,366 mg
Tryptophan**** 381 mg	Serine 1,868 mg
Valine 2,141 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

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