

PRE & POST WORKOUT

FOR BEST-TASTING RESULTS, MIX MET-Rx® PROTEIN & OATS WITH 8-10 FL. OUNCES OF WATER OR MILK IN A SHAKER FOR BREAKFAST, OR AS A DELICIOUS AND SATISFYING MEAL ALTERNATIVE BEFORE OR AFTER YOUR WORKOUT.

MET-Rx® PROTEIN & OATS

MET-Rx® PROTEIN & OATS PROVIDES IMPORTANT COMPONENTS THAT HELP YOU POWER THROUGH NOT ONLY YOUR WORKOUT, BUT THE BUSY DAY THAT ACCOMPANIES IT.* EASY TO PREPARE AND TAKE WITH YOU, IT'S A GREAT-TASTING OPTION FOR PRE AND POST WORKOUT MEALS OR AN ON-THE-GO BREAKFAST.

MET-Rx® Protein & Oats is packed with:

- 25 grams of protein per serving for lean mass and strength*
- 7 grams of fiber per serving – a quarter of your daily need and twice the fiber of a serving of oatmeal!
- Over 4 grams of BCAAs from protein to help maintain muscle and support exercise recovery:†
 - Leucine: 2.2 g
 - Isoleucine: 1.2 g
 - Valine: 1.2 g

What's better about our formula is the synergistic ratio of whey protein, oats and flax in the powder. Whey provides fast-acting protein while the carbs from oats are slow-acting; they all work together to deliver the right balance of nutrition to help support lean muscle mass and strength, while providing you with the energy you need to attack your busy day and an all-out gym session.*

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

Directions: Shake tub well before opening to ensure the oats are evenly distributed in the powder. For adults, add two (2) scoops to 8-10 fl. ounces of cold water or milk and mix thoroughly in a shaker. For best results, consume immediately after preparation. We do not suggest the use of a blender, as it will significantly increase the thickness and decrease the drinkability of the shake. Increase or decrease the amount of liquid to achieve desired consistency. As a reminder, discuss the supplements and medications you take with your health care providers.

MET-Rx®

PROTEIN & Oats



Vanilla Cinnamon
Naturally and Artificially Flavored

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

PROTEIN POWDER WITH OATS / NET WT. 2 LB. (32 OZ.) (907g)

LEAN MASS &
STRENGTH*

25G
PROTEIN^o

7G
FIBER^o

» A DELICIOUS AND NUTRITIOUS SOURCE OF QUALITY
PROTEIN AND SLOW-DIGESTING CARBS

» GREAT AT BREAKFAST OR ANY TIME OF DAY

» MADE WITH REAL OATMEAL

◊ Per Serving

SHAKE TUB WELL
BEFORE OPENING!

Nutrition Facts

Serving Size 2 Scoops (56 g)
Servings Per Container about 16

Amount Per Serving	Calories from Fat 40
Calories 200	
	% Daily Value**
Total Fat 4g	6%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 105mg	4%
Potassium 210mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 7g	26%
Sugars 1g	
Protein 25g	50%

Vitamin A 20%	Vitamin C 20%
Calcium 15%	Iron 25%
Vitamin D 20%	Vitamin E 20%
Thiamin 20%	Riboflavin 20%
Niacin 20%	Vitamin B-6 20%
Folic Acid 20%	Vitamin B-12 20%
Biotin 20%	Pantothenic Acid 20%
Phosphorus 15%	Iodine 20%
Magnesium 4%	Zinc 20%
Copper 20%	Manganese 20%
Chromium 20%	

**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	Less than	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 (Whey Protein Concentrate, Soy Protein Isolate, Milk Protein Isolate, Calcium Sodium Caseinate, Micellar Casein, Milk Protein Concentrate, Whey Protein Isolate, Dried Egg White), Complex Carb Optimizer Blend (Instant Oat Flakes, Oat Fiber, Maltodextrin), Lean Lipid Optimizer Blend (Flaxseed Powder, Sunflower Oil, Medium Chain Triglycerides), Amino Acid Blend (L-Glutamine, L-Arginine), Natural and Artificial Flavors, Cinnamondan, Soy Lecithin, Acesulfame Potassium, Cinnamon Powder, Multivitamin Optimizer Blend (Ascorbic Acid, Ferrous Fumarate, Dicalcium Phosphate, d-Alpha Tocopheryl Acetate, Nicotinamide, Zinc Oxide, d-Calcium Pantothenate, Copper Sulfate, Manganese Sulfate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Chromium Picolinate, Folic Acid, Biotin, Potassium Iodide, Cholecalciferol, Cyanocobalamin), Sodium Caseinate, Mono- & Di-glycerides, Sucralose, Digestive Enzyme Blend (Bromelain, Papain).

Contains milk, egg and soy ingredients.

Typical Amino Acid Profile (milligrams per 56 g serving***)

Essential Amino Acids	Nonessential Amino Acids
Histidine 538 mg	Alanine 945 mg
Isoleucine 1,246 mg	Arginine 2,338 mg
Leucine 2,245 mg	Aspartic Acid 2,400 mg
Lysine 1,864 mg	Cysteine 395 mg
Methionine 471 mg	Glutamic Acid 3,494 mg
Phenylalanine 832 mg	Glycine 481 mg
Threonine 1,499 mg	Proline 1,383 mg
Tryptophan*** 344 mg	Serine 1,258 mg
Valine 1,230 mg	Tyrosine 698 mg

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

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Avoid this product if you have kidney disease. 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.**

REFRIGERATE AFTER OPENING.

Contents are sold by weight.
Some settling may occur.

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

