MET-Rx® 100%* ULTRAMYOSYN WHEY

MET-Rx® 100%* Ultramyosyn Whey, great-tasting premium whey that delivers a powerful blend of high quality protein and the perfect combination of Branched Chain Amino Acids that bodybuilders and athletes demand. Consistent intake of **MET-Rx® 100%* Ultramyosyn Whey**, combined with an intense weight-training program, can support optimal muscle growth and peak conditioning.**

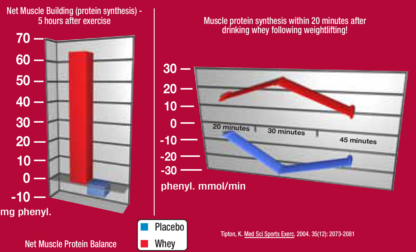
What makes MET-Rx® 100%* Ultramyosyn Whey worth it:

- **MET-Rx® 100%* Ultramyosyn Whey** provides gold standard, cross-flow Whey Protein sources including Microfiltered Whey Protein Isolate and Ultrafiltered Whey Protein Concentrate.
- Precise laboratory techniques are utilized to retain the active Whey Protein Peptides and Microfractions including: Beta-lactoglobulin, Alpha-lactalbumin, Glycomacropeptides, Lactoferrin, and other bio-active components.
- Instantized Whey Proteins for easy mixing and complete dispersion in liquid.
- Quick absorbing Whey Protein Blend to speed amino acid delivery to muscles immediately after workouts, to help stimulate muscle protein synthesis.**
- Contains naturally occurring Branched Chain Amino Acids.

Each serving contains almost 5 g of the following Branched Chain Amino Acids:
Which typically provides:

· Isoleucine	1.3 g
· Leucine	2.2 g
· Valine	1.2 g

Whey is the preferred protein source in sports and bodybuilding nutrition because it provides a superior source of Branched Chain Amino Acids – made up of Leucine, Isoleucine and Valine – which are important for the maintenance of muscle tissue.** Unlike some other incomplete protein sources, **MET-Rx® 100%* Ultramyosyn Whey** contains all of the essential amino acids required for supporting lean muscle.**



Tipton, K. Med Sci Sports Exerc. 2004. 35(12): 2073-2081

MET-Rx® 100% ULTRAMYOSYN WHEY

THE REVOLUTIONARY SCIENCE OF MUSCLE MASS AND STRENGTH**

- 22g High-Quality, Fast Acting Whey Protein
- Over 4g of BCAAs
- Instantized for Easy Mixing

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 (31g)
Servings Per Container about 29

Amount Per Serving	
Calories 120	Calories from Fat 20
	%Daily Value* **
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 150mg	6%
Potassium 240mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber <1g	3%
Sugars 1g	
Protein 22g	44%
Vitamin A 0% •	Vitamin C 0%
Calcium 15% •	Iron 0%

*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: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Cocoa (processed with alkali), Natural and Artificial Flavors, Soy Lecithin, Cellulose Gum, Salt, Xanthan Gum, Dicalcium Phosphate, Calcium Carbonate, Acesulfame Potassium, Sucralose.

Contains milk and soy ingredients.

Typical Amino Acid Profile (milligrams per 31 g scoop***)**

Essential Amino Acids		Nonessential Amino Acids	
Histidine	394 mg	Alanine	1,094 mg
Isoleucine	1,383 mg	Arginine	535 mg
Leucine	2,281 mg	Aspartic Acid	2,409 mg
Lysine	1,853 mg	Cysteine	514 mg
Methionine	454 mg	Glutamic Acid	4,024 mg
Phenylalanine	696 mg	Glycine	400 mg
Threonine	1,590 mg	Proline	1,437 mg
Tryptophan****	357 mg	Serine	1,122 mg
Valine	1,291 mg	Tyrosine	662 mg

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

Directions: For adults, take one (1) scoop (31g), 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® 100%* Ultramyosyn Whey** 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® 100%* Ultramyosyn Whey**. Cover and shake for 25-30 seconds.

Glass & Spoon – Simplest
Add one scoop of **MET-Rx® 100%* Ultramyosyn Whey** 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.

Contents are sold by weight. Some settling may occur.

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. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE PRODUCT IF SEAL UNDER CAP IS DAMAGED 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® 100%* Ultramyosyn Whey contains no aspartame.

***This product is composed of a protein blend which is 100% whey protein.**

**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
4/2010
Questions? Call toll free **1-800-55-MET-Rx**
To learn more, please go to **www.MET-Rx.com**

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