

MET-Rx® Instantized 100%* Natural Whey Powder

MET-Rx Instantized 100%* Natural Whey Powder utilizes state of the art manufacturing techniques to deliver a cutting-edge protein blend that is both wholesome and scientifically advanced. With absolutely no artificial sweeteners, flavors or colors- MET-Rx Instantized 100%* Natural Whey Powder should be your first choice for high quality protein.

What makes MET-Rx Instantized 100%* Natural Whey Powder worth it:

- MET-Rx Instantized 100%* Natural Whey Powder provides gold standard Whey Protein sources including Microfiltered Whey Protein Isolate and Ultrafiltered Whey Protein Concentrate. These specialized filtration processes reduce total cholesterol, saturated fat, lactose and carbohydrates while concentrating the natural proteins.
 - 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.
 - Precise techniques are utilized to retain the active Whey Protein Peptides and Microfractions including: Beta-lactoglobulin, Alpha-lactalbumin, Glycomacropeptides, Lactoferrin, and other bio-active components.
- Each serving contains approximately 5 g of the following Branched Chain Amino Acids: Which typically provides:
- Isoleucine 1.4 g
 - Leucine 2.5 g
 - Valine 1.3 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 Instantized 100%* Natural Whey Powder contains all of the essential amino acids required for supporting lean muscle.**

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

MET-Rx Instantized 100%* Natural Whey Powder contains no aspartame or other artificial ingredients.

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

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

MET-Rx® INSTANTIZED 100%* NATURAL WHEY

SUPPORTS LEAN MUSCLE AND STRENGTH**

23g PROTEIN **0g TRANS FAT**
5g BCAAs **LOW SODIUM**
per serving

VANILLA
Natural Flavors

NO ARTIFICIAL SWEETENERS, FLAVORS OR COLORS

DIETARY SUPPLEMENT

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

PROTEIN POWDER

Net Wt. 2 lb. (32 oz.) (907 g)

Supplement Facts

Serving Size 1 Scoop (33 g)
Servings Per Container about 27

Amount Per Serving	%Daily Value
Calories	120
Calories from Fat	10
Total Fat	1 g 2%***
Saturated Fat	0.5 g 3%***
Trans Fat	0 g
Cholesterol	30 mg 9%
Total Carbohydrate	5 g 2%***
Dietary Fiber	0 g 0%***
Sugars	5 g ****
Protein	23 g 46%
Calcium	142 mg 14%
Iron	0.9 mg 5%
Phosphorus	78 mg 8%
Magnesium	21 mg 5%
Sodium	55 mg 2%
Potassium	135 mg 4%
Stevia Extract (Stevia rebaudiana) (leaf)	70 mg ****

***Percent Daily Values are based on a 2,000 calorie diet.

****Daily Value not established.

Ingredients: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Fructose, Natural Flavors, Soy Lecithin, Stevia Extract.

Contains milk and soy ingredients.

Typical Amino Acid Profile (milligrams per 33 g scoop****)			
Essential Amino Acids		Nonessential Amino Acids	
Histidine	454 mg	Alanine	1,145 mg
Isoleucine	1,494 mg	Arginine	525 mg
Leucine	2,510 mg	Aspartic Acid	2,532 mg
Lysine	2,044 mg	Cysteine	586 mg
Methionine	487 mg	Glutamic Acid	3,348 mg
Phenylalanine	751 mg	Glycine	407 mg
Threonine	1,599 mg	Proline	1,450 mg
Tryptophan	405 mg	Serine	1,128 mg
Valine	1,361 mg	Tyrosine	703 mg

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

Suggested Use: For adults, take one (1) scoop (33 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. As a reminder, discuss the supplements and medications you take with your health care providers.

Blender - Simple

Add one scoop of MET-Rx Instantized 100%* Natural Whey Powder to blender filled with 8-8 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 8-8 ounces of your favorite beverage. Add one scoop of MET-Rx Instantized 100%* Natural Whey Powder. Cover and shake for 25-30 seconds.

Glass & Spoon - Simplest

Add one scoop of MET-Rx Instantized 100%* Natural Whey Powder. 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.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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.

Contents are sold by weight. Some settling may occur.

MET-Rx
ENHANCED NUTRITION™

Manufactured in the USA by
MET-Rx USA, Inc.
Boca Raton, FL 33487

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

17770 00A B17770 FZG



7 86560 17770 2