

Directions: For adults, consume one (1) pouch during or after exercise, or as needed.

Nutrition Facts	
Serving Size 1 Pouch (122 g)	
Servings Per Container 6	
Amount Per Serving	
Calories 90	Calories from Fat 0
%Daily Value**	
Total Fat 0g	0%
Sodium 20mg	1%
Total Carbohydrate 1g	<1%
Sugars 0g	
Protein 20g	40%
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium, iron.	
**Percent Daily Values are based on a 2,000 calorie diet.	
Your daily values may be higher or lower depending on your calorie needs.	

Ingredients: Water, Whey Protein Isolate, Phosphoric Acid, Natural Flavors, Sucralose.

Contains milk ingredients.

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

WARNING: If you are pregnant, nursing, taking any medications 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 SCREW CAP IS BROKEN OR POUCH IS TORN.

Manufactured in the USA for
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
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MET-Rx
Shaping Every Body.

LEAN MASS
& STRENGTH*

MET-Rx
ISO 20 GEL

100% PREMIUM WHEY ISOLATE

» 20g PROTEIN

» 0g Fat

» 0g SUGAR

» Over 4g BCAAs from Protein

PROTEIN GEL

6 - 4.3 OZ. (122 g) Pouches

NET WT. 25.82 OZ. (732 g)

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



100% PREMIUM
WHEY ISOLATE

FRUIT PUNCH

PROTEIN GEL

6 - 4.3 OZ. (122 g) Pouches
NET WT. 25.82 OZ. (732 g)

WHEY ISOLATE: CONSIDERED THE GOLD STANDARD PROTEIN SOURCE FOR ATHLETES, BODYBUILDERS AND ANYONE LOOKING TO PACK ON SIZE AND STRENGTH.* WHEY ISOLATE PROVIDES ALL OF THE BENEFITS WHEY IS KNOWN FOR AND MORE BY CAREFULLY REMOVING MORE OF THE FAT AND LACTOSE THAT YOU DON'T NEED WHILE INCREASING THE PERCENTAGE OF PROTEIN PER GRAM AS COMPARED TO REGULAR WHEY CONCENTRATE. WHEY ISOLATE HELPS KICK-START PROTEIN SYNTHESIS AND RECOVERY IMMEDIATELY AFTER TRAINING.*

Typical Amino Acid Profile (milligrams per 122 g pouch***)

Essential Amino Acids		Nonessential Amino Acids	
Histidine	351 mg	Alanine	1,076 mg
Isoleucine	1,251 mg	Arginine	527 mg
Leucine	2,239 mg	Aspartic Acid	2,239 mg
Lysine	1,910 mg	Cysteine	505 mg
Methionine	768 mg	Glutamic Acid	3,864 mg
Phenylalanine	636 mg	Glycine	373 mg
Threonine	1,383 mg	Proline	1,295 mg
Tryptophan****	351 mg	Serine	1,010 mg
Valine	1,295 mg	Tyrosine	614 mg

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

***approximate values

ISO 20 GEL'S BENEFITS HINGE ON "QUALITY" NOT "QUANTITY." EACH POUCH IS MAXED OUT WITH WHEY ISOLATE WHICH IS THE ONLY PROTEIN LISTED IN THE INGREDIENTS. ALL THE QUALITY AND GREAT TASTE YOU NEED BEFORE, DURING AND AFTER YOUR WORKOUT.