

MET-Rx Protein Plus® Protein Powder

The food you put into your body can have a big impact on how you look, feel and work out. MET-Rx Protein Plus® was invented to give you the competitive advantage – especially when it comes to quality protein! Each high-protein serving provides better than a 5:1 ratio of protein to carbs to help meet your nutritional goals. Best of all, MET-Rx Protein Plus® contains no added sugar*, corn syrup solids, mono- or diglycerides and now is free of aspartame and hydrogenated oils – which means no trans-fats!

The Secret is in the Protein Source!

The renowned MET-Rx® protein formulation consists of METAMYOSYN®, which combines premium whey protein isolates and casein proteins, plus L-Glutamine and naturally occurring Branched Chain Amino Acids – Isoleucine, Leucine and Valine. Studies show that whey is a fast-acting protein while casein is slow-acting, which results in a more prolonged absorption rate to extend the delivery of amino acids to muscles.* MET-Rx Protein Plus® gives you a firm nutritional basis to help build lean muscle in a low-fat, great tasting formula.*

*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.

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

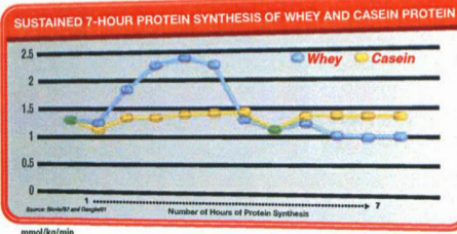
Perfect anytime, anywhere, MET-Rx Protein Plus® is your power protein source!

1. Not a low calorie food. Some sugar naturally occurs in ingredients. See supplement facts panel for sugar and calorie content.

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 IF SEAL UNDER CAP IS BROKEN OR MISSING.

96% Lactose Free



Approximate time points illustrating whey and casein's differing effects on protein synthesis when taken on an empty stomach.

REFERENCES:

- Doughn, M., et al. Am J Physiol Endocrinol Metab. 2001. 250: E340-E348.
- Bolton, Y., et al. Proc Natl Acad Sci USA. 1997;94:14030-5.

MET-Rx®
ENGINEERED NUTRITION®

PRE-MEASURED SCOOP INCLUDED!

MET-Rx Protein Plus® Protein Powder

Complete Protein Blend to Help Build Lean Muscle*

- **Low Fat**
- **3g L-Glutamine***
- **Aspartame Free!**
- **Gluten Free**
- **Less than 1/2 the carbs! of MET-Rx Original Meal Replacement**

Vanilla

Naturally and Artificially Flavored

Dietary Supplement

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

♦ per 2 scoops

NET WT. 2 LB. (32 OZ.) (907 g)

Supplement Facts

Serving Size	2 Scoops (57 g)	1 Scoop (28.5 g)
Servings Per Container	about 16	about 32
Amount Per Serving	%Daily Value	%Daily Value
Calories	210	100
Calories from Fat	10	5
Total Fat	1 g	2%**
Cholesterol	25 mg	8% 10 mg 4%
Total Carbohydrate	3 g	1%**
Sugars	2 g	*** 1 g ***
Protein	46 g	93%**
Calcium	838 mg	84% 419 mg 42%
Iron	0.6 mg	4% 0.4 mg 2%
Phosphorus	631 mg	63% 315 mg 32%
Magnesium	44 mg	11% 22 mg 5%
Sodium	115 mg	5% 60 mg 2%
Potassium	160 mg	5% 80 mg 2%
L-Glutamine	3 g	*** 1.5 g ***

INGREDIENTS: METAMYOSYN® Protein Blend (Milk Protein Concentrate, Calcium Sodium Caseinate, Whey Protein Isolate, L-Glutamine, Egg White), Natural and Artificial Flavors, Guar Gum, Cellulose Gum, Xanthan Gum, Sucralose, Soy Lecithin.

Typical Amino Acid Profile (milligrams per 28.5 g scoop****)

Essential Amino Acids	Nonessential Amino Acids
Histidine 591 mg	Alanine 755 mg
Isoleucine 1,133 mg	Arginine 737 mg
Leucine 1,996 mg	Aspartic Acid 1,675 mg
Lysine 1,697 mg	Cysteine 205 mg
Methionine 570 mg	Glutamic Acid 4,320 mg
Phenylalanine 964 mg	Glycine 386 mg
Threonine 1,054 mg	Proline 2,005 mg
Tryptophan**** 240 mg	Serine 1,160 mg
Valine 1,312 mg	Tyrosine 1,054 mg

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

DIRECTIONS: Add one to two (1-2) scoops of powder with 6-16 ounces of cold water or milk and mix thoroughly in a blender. Increase or decrease the amount of liquid to achieve desired consistency. Drink 1-2 servings per day. As a reminder, discuss the supplements and medications you take with your health care providers.

Use MET-Rx Protein Plus® any time of the day including:

Immediately After Exercise: Makes an excellent post-workout shake by providing fast digesting proteins for immediate muscle support plus slow digesting proteins for extended amino acid delivery and recovery.*

With Meals: Drink along with your meal to increase the overall protein quality and content. You can also mix into oatmeal or add to recipes such as pancake and waffle mixes.

In Between Meals: Keeps levels of amino acids elevated so your body doesn't go into a catabolic state that may otherwise lead to muscle loss.*

Before Bed: The high content of slow-digesting proteins in MET-Rx Protein Plus® makes it a perfect before-bed supplement as it provides "time-released" amino acid delivery to your body while you sleep.



Manufactured in the USA by
MET-Rx USA, INC., BOCA
RATON, FL 33487
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To learn more, please go to
www.MET-Rx.com

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