POST-WORKOUT

MET-Rx® MyoSynthesis Whey

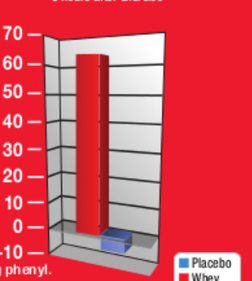
MET-Rx® MyoSynthesis Whey is a great tasting multi-purpose protein powder. With 25 grams of protein per scoop, MET-Rx® MyoSynthesis Whey makes for a great post-exercise recovery option. An additional 5 grams of fiber and 6 grams of fat make this advanced formula a perfect shake any time of the day to help satisfy appetite and refuel.**

This dynamic blend features whey protein, which provides a complete foundation of protein building blocks. MET-Rx® MyoSynthesis Whey can be added to a variety of diets and lifestyles to help you achieve your fitness goals.*

What makes MET-Rx® MyoSynthesis Whey worth it:

- MET-Rx® MyoSynthesis Whey provides cross-flow, 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.
- Contains naturally occurring Branched Chain Amino Acids. Each serving contains over 3.5 g of the following Branched Chain Amino Acids from protein:

  Which typically provides:
  - Isoleucine 0.95 g
  - Leucine 1.7 g
  - Valine 0.93 g



Net Muscle Protein Balance

~ Consume two scoops to achieve these benefits

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

NEW

MET-Rx®

MyoSynthesis Whey

LEAN MASS & STRENGTH*

» **25g** PROTEIN WITHIN THIS DYNAMIC BLEND TO REFUEL & RECOVER*

» **5g** OF FIBER

» INSTANTIZED FOR EASY MIXING

CHOCOLATE

Natural and Artificial Flavors

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

DIETARY SUPPLEMENT

PROTEIN POWDER / NET WT. 2.68 lb. (42.88 oz.) (1.21 kg)

Supplement Facts

Serving Size 1 Scoop (45g)
Servings Per Container about 27

Amount Per Serving		%Daily Value
Calories	190	
Calories from Fat	50	
Total Fat	6 g	9%**
Saturated Fat	3 g	15%**
Cholesterol	45 mg	15%
Total Carbohydrate	10 g	3%**
Dietary Fiber	5 g	20%**
Sugars	1 g	***
Protein	25 g	50%**
Calcium	157 mg	16%
Phosphorus	117 mg	12%
Magnesium	31 mg	8%
Sodium	190 mg	8%
Potassium	260 mg	8%

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Ingredients: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate, Calcium Caseinate), Amino Blend (L-Glycine, Taurine, L-Threonine, L-Glutamine, L-Leucine, L-Isoleucine, L-Valine), Cocoa (processed with alkali), Fiber Blend (Oatfiber, Inulin), Medium Chain Triglycerides, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Di-glycerides, Natural Tocopherols, Tricalcium Phosphate), Creatine Monohydrate, Natural and Artificial Flavors, Salt, Cellulose Gum, Soy Lecithin, Dicalcium Phosphate, Calcium Carbonate, Acesulfame Potassium, Xanthan Gum, Sucralose.

Contains milk and soy ingredients.

Typical Amino Acid Profile (milligrams per 45 g scoop)***

Essential Amino Acids		Nonessential Amino Acids	
Histidine	361 mg	Alanine	729 mg
Isoleucine	954 mg	Arginine	510 mg
Leucine	1,713 mg	Aspartic Acid	1,817 mg
Lysine	1,427 mg	Cysteine	338 mg
Methionine	353 mg	Glutamic Acid	2,440 mg
Phenylalanine	563 mg	Glycine	3,472 mg
Threonine	2,014 mg	Proline	984 mg
Tryptophan***	268 mg	Serine	938 mg
Valine	932 mg	Tyrosine	515 mg

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

*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.

Directions: For adults, mix one (1) scoop (45g) of powder with 6 oz. of cold water or milk. You can take MET-Rx® MyoSynthesis Whey any time during the day when you need nutritional support, especially to increase your daily caloric/protein intake. Consume within 10 minutes after mixing for best results.

Blender – Simple
Add one scoop of **MET-Rx® MyoSynthesis 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® MyoSynthesis Whey.** Cover and shake for 25-30 seconds.

Glass & Spoon – Simplest
Add one scoop of **MET-Rx® MyoSynthesis 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: Not intended for use by pregnant or nursing women. If you are taking any medications 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.

Can be taken after your workout, with a meal, or at any time of the day.

Please note: Crystalline Taurine will appear as small crystals within the powder.

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

Questions? Call toll free
1-800-65-MET-Rx
To learn more, please go to
www.MET-Rx.com

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