POST-WORKOUT

MET-Rx® MyoSynthesis Whey

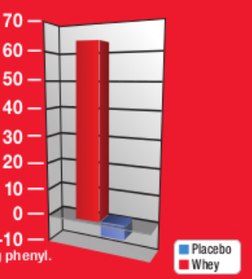
MET-Rx® MyoSynthesis Whey is a great tasting multi-purpose protein powder. With 25 grams of protein per scoop, MET-Rx® MyoSynthesis Whey makes for a great post-exercise recovery option. An additional 5 grams of fiber and 6 grams of fat make this advanced formula a perfect shake any time of the day to 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 0.99 g
  - Leucine 1.7 g
  - Valine 0.94 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

VANILLA
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	2.5 g	13%**
Cholesterol	50 mg	17%
Total Carbohydrate	10 g	3%**
Dietary Fiber	5 g	20%**
Sugars	2 g	***
Protein	25 g	50%**
Calcium	167 mg	17%
Phosphorus	98 mg	10%
Magnesium	13 mg	3%
Sodium	105 mg	4%
Potassium	105 mg	3%

*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), Fiber Blend (Oatfiber, Inulin), Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Di-glycerides, Natural Tocopherols, Tricalcium Phosphate), Medium Chain Triglycerides, Creatine Monohydrate, Natural and Artificial Flavors, Cellulose Gum, Salt, Dicalcium Phosphate, Calcium Carbonate, Acesulfame Potassium, Xanthan Gum, Soy Lecithin, Sucralose.

Contains milk and soy ingredients.

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

Essential Amino Acids		Nonessential Amino Acids	
Histidine	369 mg	Alanine	739 mg
Isoleucine	991 mg	Arginine	482 mg
Leucine	1,775 mg	Aspartic Acid	1,857 mg
Lysine	1,493 mg	Cysteine	345 mg
Methionine	364 mg	Glutamic Acid	2,458 mg
Phenylalanine	553 mg	Glycine	3,449 mg
Threonine	2,064 mg	Proline	1,014 mg
Tryptophan****	275 mg	Serine	949 mg
Valine	942 mg	Tyrosine	516 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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