PRE & POST WORKOUT

FOR BEST RESULTS AND MAXIMUM MUSCLE SUPPORT, TAKE ONE (1) SCOOP ONE TO TWO TIMES DAILY, ESPECIALLY AFTER EXERCISE.*

## MET-Rx® NATURAL WHEY PROTEIN

MET-Rx® NATURAL WHEY PROTEIN 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 - NATURAL WHEY PROTEIN SHOULD BE YOUR FIRST CHOICE FOR HIGH QUALITY PROTEIN.

### What makes MET-Rx® Natural Whey Protein worth it:

- MET-Rx® Natural Whey Protein 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.
- Naturally contains 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.
- 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.

Each serving contains approximately 5 g of the following Branched Chain Amino Acids from protein:

Which typically provides:

| | |
|---|---|
| • Isoleucine | 1.4 g |
| • Leucine | 2.4 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® NATURAL WHEY PROTEIN CONTAINS ALL OF THE ESSENTIAL AMINO ACIDS REQUIRED FOR SUPPORTING LEAN MUSCLE.*

MET-Rx® Natural Whey Protein contains no aspartame or other artificial ingredients.

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

*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.

MET-Rx®

LEAN MASS & STRENGTH*

# NATURAL WHEY

» 23G PROTEIN

» NO ARTIFICIAL SWEETENERS, FLAVORS OR COLORS

» CONTAINS 5G BCAAs FROM PROTEIN FOR MUSCLE RECOVERY*

» INSTANTIZED FOR EASY MIXING

LEARN MORE by scanning QR CODE with your Smart Phone ›››››››

CHOCOLATE
Natural Flavors

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 | 130 | |
| Calories from Fat | 20 | |
| Total Fat | 2 g | 3%** |
| Saturated Fat | 1 g | 5%** |
| *Trans* Fat | 0 g | |
| Cholesterol | 40 mg | 13% |
| Total Carbohydrate | 5 g | 2%** |
| Dietary Fiber | <1 g | 3%** |
| Sugars | 3 g | *** |
| Protein | 23 g | 45%** |
| Calcium | 109 mg | 11% |
| Iron | 0.4 mg | 2% |
| Phosphorus | 95 mg | 10% |
| Magnesium | 15 mg | 4% |
| Sodium | 55 mg | 2% |
| Potassium | 140 mg | 4% |
| Stevia Extract (*Stevia rebaudiana*) (leaf) | 170 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), Cocoa, 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 | 437 mg | Alanine | 1,099 mg |
| Isoleucine | 1,417 mg | Arginine | 531 mg |
| Leucine | 2,406 mg | Aspartic Acid | 2,426 mg |
| Lysine | 1,966 mg | Cysteine | 563 mg |
| Methionine | 467 mg | Glutamic Acid | 3,133 mg |
| Phenylalanine | 741 mg | Glycine | 408 mg |
| Threonine | 1,509 mg | Proline | 1,396 mg |
| Tryptophan**** | 387 mg | Serine | 1,083 mg |
| Valine | 1,310 mg | Tyrosine | 681 mg |

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

**Directions:** 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® Natural Whey Protein** 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® Natural Whey Protein**. Cover and shake for 25-30 seconds.

**Glass & Spoon – Simplest**
Add one scoop of **MET-Rx® Natural Whey Protein** 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.**

**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 PRODUCT IF SEAL UNDER CAP IS BROKEN OR MISSING.**

Contents are sold by weight. Some settling may occur.

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

MET-Rx®
Shaping Every Body.

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

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

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