18 - 2.54 oz. (72 g) PACKETS - NET WT. 45.7 oz. (2.85 LB.) 1.29 kg

Berry Blast
Naturally and Artificially Flavored

- 3g L-Glutamine
- Over 6g BCAAs from protein
- Low Fat
- Aspartame Free!

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

Complete Protein Blend to Help Build Lean Muscle*

MET-Rx®
ENGINEERED NUTRITION®
Meal Replacement

38g Protein including METAMYOSYN® Blend

Gluten FREE

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$20 OFF MET-Rx Bar See Inside for Details

LEARN MORE by scanning QR CODE with your Smart Phone

Part No. 22-11964

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Directions: For adults, add one (1) packet to 16-20 fl. ounces of cold water or milk and mix thoroughly in a shaker or blender. Increase or decrease the amount of liquid to achieve desired consistency. Drink two shakes per day for best results. As a reminder, discuss the supplements and medications you take with your health care providers.

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 or just use water.

Use MET-Rx® Meal Replacement any time of the day including:

Immediately After Exercise: Makes an excellent post-workout shake by providing proteins for 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® Meal Replacement makes it a perfect before-bed supplement as it provides "time-released" amino acid delivery to your body.

Typical Amino Acid Profile (milligrams per 72 g packet**)**

Essential Amino Acids		Nonessential Amino Acids	
Histidine	989 mg	Alanine	1,094 mg
Isoleucine	1,656 mg	Arginine	1,226 mg
Leucine	3,095 mg	Aspartic Acid	2,409 mg
Lysine	2,651 mg	Cysteine	214 mg
Methionine	931 mg	Glutamic Acid	6,906 mg
Phenylalanine	1,632 mg	Glycine	622 mg
Threonine	1,477 mg	Proline	3,293 mg
Tryptophan*****	377 mg	Serine	1,831 mg
Valine	2,096 mg	Tyrosine	1,767 mg

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

Nutrition Facts

Serving Size 1 Packet (72g)
Servings Per Container 18

Amount Per Serving	
Calories 250	Calories from Fat 25
	%Daily Value***
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 390mg	16%
Potassium 880mg	25%
Total Carbohydrate 20g	7%
Dietary Fiber <1g	3%
Sugars 3g	
Protein 38g	76%
Vitamin A 90%	Vitamin C 100%
Calcium 100%	Iron 50%
Vitamin D 60%	Vitamin E 150%
Vitamin K 50%	Thiamin 60%
Riboflavin 60%	Niacin 100%
Vitamin B-6 60%	Folic Acid 100%
Vitamin B-12 50%	Biotin 60%
Pantothenic Acid 35%	Phosphorus 50%
Iodine 40%	Magnesium 40%
Zinc 45%	Selenium 40%
Copper 40%	Manganese 50%
Chromium 40%	Molybdenum 80%
Chloride 15%	

*** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: METAMYOSYN® Protein Blend (Milk Protein Concentrate, Calcium Caseinate, L-Glutamine, Whey Protein Concentrate, Egg White), Maltodextrin, Natural and Artificial Flavors, Vitamin Mineral Blend (Calcium Lactate, Dicalcium Phosphate, Dipotassium Phosphate, Potassium Citrate, Potassium Chloride, Sodium Citrate, Magnesium Oxide, Ascorbic Acid, dl-Alpha Tocopheryl Acetate, Ferrous Fumarate, Niacinamide, Zinc Oxide, d-Calcium Pantothenate, Copper Sulfate, Manganese Sulfate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Folic Acid, Chromium Picolinate, Biotin, Sodium Molybdate, Potassium Iodide, Phytonadione, Beta-Carotene, Sodium Selenite, Cholecalciferol, Cyanocobalamin, Tricalcium Phosphate), Beet Juice Powder (Color), Sunflower Oil, Cellulose Gum, Malic Acid, Xanthan Gum, Salt, Soy Lecithin, Carrageenan, Guar Gum, Sodium Caseinate, Citric Acid, Sucralose, Acesulfame Potassium, Gelatin, Mono- & Di-glycerides.

Contains milk, egg and soy ingredients.

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

WARNING: If you are pregnant, nursing, taking any medications, planning any medical procedure 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 PACKET IS TORN OR OPEN.

98% Lactose Free

MET-Rx® Shaping Every Body.

Manufactured in the USA by 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 www.MET-Rx.com

MET-Rx® "Original" Meal Replacement

MET-Rx® "Original" Meal Replacement revolutionized meal replacement powders with the METAMYOSYN® Protein Blend. We've upgraded the original formula to take out everything you didn't want while keeping in the exclusive METAMYOSYN® protein blend. METAMYOSYN® combines slow-acting casein with milk protein, which is a natural source of whey and casein. The result is a highly bioavailable fuel that helps build lean muscle mass and strength.*

- Free of hydrogenated oils, which means 0g trans-fats.
- The exclusive METAMYOSYN® protein blend to help build lean muscle.*
- Low fat to support a lean, healthy body.
- 20 grams of carbohydrates to support muscle glycogen needs as well as energy levels at rest and during exercise.*
- 25 Essential Vitamins & Minerals, with 100% DV Calcium to support your body's nutritional needs.
- Aspartame Free
- No added sugar**
- Gluten Free

MET-Rx® Meal Replacement Powder is the foundational supplement for all athletes looking to improve their overall health and physique. It is a great-tasting way to make sure you are getting the balanced nutrition you need to reach your fitness goals.* Plus, our convenient packets mean you can take them whenever and wherever your athletic lifestyle takes you.

Balanced nutrition is important to anyone looking to create a lean, healthy body. One packet provides an excellent source of important vitamins and minerals with a proper balance of carbohydrates, proteins and fats, plus electrolytes. This combination helps keep you on track in and out of the gym.

Why take chances with your meal replacement - trust the unique METAMYOSYN® protein blend.

THE SECRET IS THE SOURCE OF PROTEIN!

METAMYOSYN® protein is a superior quality blend, which combines premium casein with milk proteins, plus L-Glutamine and naturally occurring Branched Chain Amino Acids from protein - Isoleucine, Leucine and Valine. The precise combination of proteins in METAMYOSYN® provides your body with a highly bioavailable fuel to meet your nutritional needs.

Casein is a slow-acting protein, which results in a more prolonged absorption rate to extend the delivery of amino acids to muscles. Milk protein naturally contains both whey and casein - to provide slow and fast-digesting properties.

MET-Rx® METAMYOSYN®, Trust the Original!

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

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