

18 - 2.54 oz. (72 g) PACKETS - NET WT. 45.7 oz. (2.85 LB.) 1.29 kg
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- **Protein Powder**
NOTICE: Use this product as a food supplement only. Do not use for weight reduction.
- **Chocolate Peanut Butter**
Naturally and Artificially Flavored
- **3g L-Glutamine**
- **Over 6g BCAAs from protein**
- **Low Fat**
- **Aspartame Free!**

Complete Protein Blend to Help Build Lean Muscle*

ENGINEERED NUTRITION®

MET-Rx®

Protein including **METAMYOSYN®** Blend

Gluten FREE

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Gluten FREE

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Meal Replacement

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\$20 OFF
MET-Rx®
See Inside for Details

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LEARN MORE by scanning QR CODE with your Smart Phone

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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 those fasting and/or before meals, take with or after water. 10-15% milk, and fruit juices.

For children, add fewer packets (each packet is 10g) to just one water.

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

- **Immediate After Exercise:** Mix in recovery post-workout shake by providing protein for muscle support, plus other helpful nutrients for optimal muscle and dietary and recovery.
- **With Meals:** Drink with meals with your meal to increase the overall protein intake and content. The use also can also serve as a meal replacement such as protein and healthy source.
- **Between Meals:** Keep levels of amino acids elevated as they have about 10-15% carbons that may otherwise not be needed.
- **Before Bed:** The high content of slow-digesting protein in MET-Rx® Meal Replacement makes it a perfect bedtime supplement as it provides "slow-release" amino acids and helps to stay full.

Typical Amino Acid Profile (milligrams per 72 g packet**)	
Essential Amino Acids	Nonessential Amino Acids
Alanine	1,115 mg
Arginine	1,254 mg
Aspartic Acid	2,423 mg
Cysteine	224 mg
Glutamic Acid	6,542 mg
Glycine	276 mg
Proline	1,591 mg
Serine	1,768 mg
Threonine	1,155 mg
Tyrosine	1,155 mg
Valine	1,155 mg

*%L-Glutamine is naturally occurring, not added. **Representative values.

Nutrition Facts	
Serving Size 1 Packet (72 g)	
Amount Per Serving	
Calories from Fat 25	
Total Fat	2.5g
Saturated Fat	1.5g
Trans Fat	1g
Cholesterol	10mg
Sodium	200mg
Potassium	1,500mg
Total Carbohydrate	15g
Dietary Fiber	2g
Protein	38g
Vitamin A	100%
Vitamin B1	100%
Vitamin B2	100%
Vitamin B3	100%
Vitamin B6	100%
Vitamin B12	100%
Vitamin C	100%
Vitamin D	100%
Vitamin E	100%
Vitamin K	100%
Calcium	100%
Iron	100%
Zinc	100%
Copper	100%
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