

40-2.54 OZ. (72 g) PACKETS - NET WT. 101.5 OZ. (6.34 LB.) (2.88 kg)

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

Complete Protein Blend to Help Build Lean Muscle*

MET-Rx
ENGINEERED NUTRITION[®]
Meal Replacement

39g Protein including **METAMYOSYN[®]** Blend

Gluten FREE

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.
- 17 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

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

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!

Extreme Chocolate
Naturally and Artificially Flavored
Protein Powder

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

Part No. 22-18706

18706 04E B11979 AAC



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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 Gain: add higher calorie foods such as peanut butter, 1-2% milk, and fruit juices.

For Weight Loss: 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: Make an essential post-workout shake by providing protein for muscle support plus slow digesting proteins for extended amino acid delivery and recovery.*

Between Meals: The high content of slow-digesting proteins in MET-Rx[®] Meal Replacement makes it a perfect before-and-after supplement as it provides "time-released" amino acid delivery to your body.

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 pancakes and waffle mixes.

Typical Amino Acid Profile (milligrams per 72 g packet****)	
Essential Amino Acids	Nonessential Amino Acids
Histidine 1,010 mg	Alanine 1,115 mg
Isoleucine 1,687 mg	Arginine 1,250 mg
Leucine 3,159 mg	Aspartic Acid 2,455 mg
Lysine 2,704 mg	Cysteine 216 mg
Methionine 951 mg	Glutamic Acid 7,066 mg
Phenylalanine 1,668 mg	Glycine 634 mg
Threonine 1,505 mg	Proline 3,366 mg
Tryptophan**** 381 mg	Serine 1,888 mg
Valine 2,141 mg	Tyrosine 1,804 mg

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

Nutrition Facts

Amount Per Serving	Calories from Fat 25
Calories 210	
%Daily Value**	
Total Fat 3g	4%
Saturated Fat 1g	5%
Total Fat 3g	4%
Cholesterol 20mg	7%
Sodium 400mg	17%
Potassium 1,160mg	33%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Sugar 2g	78%
Protein 39g	
Vitamin A 90%	Vitamin C 100%
Calcium 100%	Iron 70%
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 40%	Phosphorus 60%
Iodine 40%	Magnesium 50%
Copper 40%	Selenium 40%
Chromium 50%	Manganese 50%
Chloride 15%	Molybdenum 80%

Ingredients: METAMYOSYN[®] Protein Blend (Milk Protein Concentrate, Calcium Sodium Caseinate, L-Glutamine, Whey Protein Concentrate, Egg White), Maltodextrin, Cocoa (processed with alkali), Vitamin and Mineral Blend (Dicalcium Phosphate, Dipotassium Phosphate, Potassium Chloride, Potassium Citrate, Magnesium Oxide, Sodium Citrate, Ascorbic Acid, Tricalcium Phosphate, dl-Alpha Tocopheryl Acetate, Ferrous Fumarate, Nicotinamide, Beta-Carotene, Vitamin A Palmitate, Calcium Sulfate, Zinc Oxide, d-Calcium Pantothenate, Copper Sulfate, Manganese Sulfate, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Sodium Selenite, Folic Acid, Chromium Picolinate, Biotin, Sodium Molybdate, Potassium Iodide, Phytanadione, Cholecalciferol, Cyanocobalamin), Natural and Artificial Flavors, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Di-glycerides, Natural Tocopherols, Silicon Dioxide, Tricalcium Phosphate), Calcium Lactate, Cellulose Gum, Xanthan Gum, Salt, Acesulfame Potassium, Guar Gum, Carrageenan, Soy Lecithin, Sucralose, Gelatin.

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.
97% Lactose Free

MET-Rx
Shaping Every Body.[®]
Manufactured in the USA by MET-Rx Nutrition, Inc.
Rice, Texas, TX 75087
©2013
Questions? Call Toll Free 1-800-85-MET-Rx.
To learn more, please go to www.MET-Rx.com

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MET-Rx[®]
ENGINEERED NUTRITION[®]
Meal Replacement

\$20 OFF
MET-Rx 180[™]
See Inside for Details

Complete Protein Blend to Help Build Lean Muscle*

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LEARN MORE by scanning QR CODE with your Smart Phone



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