PRE & POST WORKOUT

CAN BE TAKEN BEFORE YOUR WORKOUT, AFTER YOUR WORKOUT, WITH A MEAL, OR AT ANY TIME OF DAY.

MET-Rx® PROTEIN REVOLUTION®

*MET-Rx® PROTEIN REVOLUTION® IS THE ULTIMATE, RECOVERY FORMULA—A CUTTING-EDGE PROTEIN FORMULATION CONTAINING FOUR HIGH-PERFORMANCE BLENDS, DESIGNED TO TAKE YOUR TRAINING TO THE NEXT LEVEL.**

THIS SUPERIOR "ALL-IN-ONE" FORMULA CONTAINS THE VERY LATEST SPORTS PERFORMANCE NUTRIENTS FOR ENERGY, STRENGTH, POWER, RECOVERY AND MORE! BY INCORPORATING THIS REVOLUTIONARY PROTEIN FORMULA INTO YOUR NUTRITION AND TRAINING PLAN YOU'LL NEVER NEED TO STACK MULTIPLE PRODUCTS AGAIN!*

PROTEIN REVOLUTION® BLENDS

Pro Power Blend: A dynamic combination for power, force and strength.* Works with whey protein to make sure your muscles have everything they need to power your workout.*

Pro Defense Blend: Packed with aminos needed by the body to support nitrogen levels.*

Pro Nutrient Blend: Helps to improve muscle sensitivity for efficient carbohydrate and nutrient absorption.*

Pro Transport Blend: Four fast-digesting carb sources spike energy levels for both long-term energy and instant fuel.* Pro Transport Blend helps induce an insulin response that improves Creatine transport into the muscle.*

Protein Revolution® utilizes fast-acting whey protein for optimal support.*

DIRECTIONS:

Workout Days - For adults, mix two (2) rounded scoops (77 g) daily with 12 to 16 fluid ounces of cold water or juice and consume before your workout. Individuals weighing more than 125 lbs should consume another serving immediately after your workout.

Non-Workout Days -Take two (2) rounded scoops (77 g) daily with 12 to 16 fluid ounces of cold water or juice with breakfast or any time of the day. Consume within 10 minutes after mixing and increase or decrease the amount of liquid to achieve desired consistency. Take this product with an adequate fluid intake. To support lean muscle, consume approximately .8 to 1 gram of protein per pound of body weight from all dietary sources per day. As a reminder, discuss the supplements and medications you take with your healthcare providers.

MET-Rx®

PROTEIN REVOLUTION®

LEAN MASS & STRENGTH*

CHOCOLATE

Naturally and Artificially Flavored

- PRO POWER BLEND FOR RECOVERY AND STRENGTH*
- PRO DEFENSE BLEND PACKED WITH AMINOS
- PRO NUTRIENT BLEND FOR CARB METABOLISM*
- PRO TRANSPORT BLEND—RELEASES INSULIN FOR MAXIMAL NUTRIENT TRANSPORT*

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

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

DIETARY SUPPLEMENT / NET WT. 2.5 LBS. (40 OZ.) (1134g)

Supplement Facts

Serving Size 2 Rounded Scoops (77g)
Servings Per Container about 15

Amount Per Serving		% Daily Value
Calories	270	
Calories from Fat	40	
Total Fat	4 g	6%**
Saturated Fat	1.5 g	8%**
Cholesterol	90 mg	30%
Total Carbohydrate	22 g	7%**
Dietary Fiber	2 g	9%**
Sugars	14 g	***
Protein	30 g	60%**
Calcium	186 mg	20%
Iron	1 mg	6%
Phosphorus	162 mg	16%
Magnesium	43 mg	11%
Zinc	0.2 mg	1%
Copper	0.1 mg	5%
Chromium	219 mcg	183%
Sodium	210 mg	9%
Potassium	340 mg	10%
Pro Power Blend (Creatine Monohydrate, Creatine Ethyl Ester, Creatine Citrate)	5.2 g	***
Pro Defense Blend (L-Glutamine, L-Arginine, L-Leucine, L-Valine, Isoleucine)	7 g	***
Pro Nutrient Blend (L-Taurine, Medium Chain Triglycerides, Chromium)	1.1 g	***
Pro Transport Blend (Waxy Maize Starch, Dextrose, Fructose, Sugar, Bioperine® Black Pepper Extract *(Piper nigrum)* (fruit))	17.2 g	***

**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

Ingredients: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Pro Transport Blend (Waxy Maize Starch, Dextrose, Fructose, Sugar, Bioperine® Black Pepper Extract *(Piper nigrum)* (fruit)), Pro Defense Blend (L-Glutamine, L-Arginine, L-Leucine, L-Valine, Isoleucine), Pro Power Blend (Creatine Monohydrate, Creatine Ethyl Ester, Creatine Citrate), Cocoa (processed with alkali), Natural and Artificial Flavors, Pro Nutrient Blend (L-Taurine, Medium Chain Triglycerides, Chromium Picolinate), Soy Lecithin, Xanthan Gum, Sucralose, Tricalcium Phosphate.

Contains milk and soy ingredients.

Typical Amino Acid Profile (milligrams per 77 g serving)***

Essential Amino Acids		Nonessential Amino Acids	
Histidine	641 mg	Alanine	1,301 mg
Isoleucine	1,962 mg	Arginine	1,724 mg
Leucine	3,589 mg	Aspartic Acid	3,302 mg
Lysine	2,598 mg	Cysteine	613 mg
Methionine	627 mg	Glutamic Acid	4,197 mg
Phenylalanine	976 mg	Glycine	565 mg
Threonine	2,245 mg	Proline	1,687 mg
Tryptophan****	482 mg	Serine	1,679 mg
Valine	1,901 mg	Tyrosine	886 mg

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

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.

Contents are sold by weight. Some settling may occur.

BIOPERINE® is a registered trademark of the Sabinsa Corporation.

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®
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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