Supplement Facts

Serving Size 2 Packets
Servings Per Container 22

Amount Per Serving		%Daily Value
Calories	70	
Calories from Fat	30	
Total Fat	3.5 g	5%**
Saturated Fat	0.5 g	3%**
Polyunsaturated Fat	2 g	***
Monounsaturated Fat	0.5 g	***
Total Carbohydrate	4 g	1%**
Dietary Fiber	3 g	11%**
Protein	9 g	17%**
Vitamin A (as Retinyl Acetate and Beta-Carotene)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	340 mg	567%
Vitamin D (as D3 Cholecalciferol)	2,000 IU	500%
Vitamin E (as d-Alpha Tocopheryl Acetate and dl-Alpha Tocopheryl Acetate)	34 IU	113%
Vitamin K (as Phytonadione)	75 mcg	94%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate and Thiamin Hydrochloride)	52 mg	3,467%
Riboflavin (Vitamin B-2)	50 mg	2,941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	58 mg	2,900%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	102 mcg	1,700%
Biotin (as d-Biotin)	1,000 mcg	333%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	500%
Calcium (Dicalcium Phosphate, Calcium Carbonate, Calcium Citrate, Calcium Silicate and d-Calcium Pantothenate)	425 mg	42%
Phosphorus (as Dicalcium Phosphate)	241 mg	24%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	50 mg	13%
Zinc (as Zinc Oxide)	15 mg	100%
Selenium (as Sodium Selenate)	200 mcg	286%
Copper (as Cupric Oxide)	2 mg	100%
Manganese (as Manganese Gluconate)	2 mg	100%
Chromium (as Chromium Picolinate)	200 mcg	167%
Molybdenum (as Sodium Molybdate)	72 mcg	96%
Chloride (as Potassium Chloride)	27 mg	1%
Potassium (as Potassium Chloride)	35 mg	1%
Sodium	60 mg	3%

Amount Per Serving		%Daily Value
Amino Acid Complex	6,823 mg (6.8 g)	***
L-Alanine	305 mg	***
L-Arginine	2,281 mg	***
L-Aspartic Acid	182 mg	***
L-Carnitine	1 mg	***
L-Cystine	1 mg	***
L-Glutamic Acid	364 mg	***
L-Glutamine	1 mg	***
L-Glycine	848 mg	***
L-Histidine	32 mg	***
L-Hydroxylysine	53 mg	***
L-Hydroxyproline	446 mg	***
L-Isoleucine	293 mg	***
L-Leucine	586 mg	***
L-Lysine	130 mg	***
L-Methionine	33 mg	***
L-Ornithine hydrochloride	60 mg	***
L-Phenylalanine	57 mg	***
L-Proline	498 mg	***
L-Serine	122 mg	***
L-Threonine	68 mg	***
L-Tyrosine	21 mg	***
L-Valine	331 mg	***
Acetyl L-Carnitine	1 mg	***
L-Taurine	141 mg	***
Fish Oil provides 1,200 mg of Total Omega-3 Fatty Acids† comprising of:	1,600 mg (1.6 g)	***
EPA (Eicosapentaenoic Acid) 640 mg		***
DHA (Docosahexaenoic Acid) 480 mg		***
Other Fatty Acids		***
Desiccated Liver	1,360 mg (1.36 g)	***
Enzyme Complex (Betaine Hydrochloride, Amylase, Papain, Bromelain, Pancreatin, Lipase, Peppermint Oil Extract, Protease, Pepsin, Cellulase)	405 mg	***
Fruit & Vegetable	120 mg	***
Citrus Bioflavonoids (Citrus limon) (fruit), Bilberry *(Vaccinum myrtillus)* (leaf), Elderberry *(Sambucus nigra)* (fruit), Black Currant *(Ribes nigrum)* (fruit), Grape Seed Extract *(Vitis vinifera)*, Brussels Sprouts Extract, Kale Extract, Cauliflower Extract, Celery Seed *(Apium graveolens)*, Carrot Extract, Broccoli Extract, Cabbage Extract, Resveratrol from *(Polygonum cuspidatum)* (root), Astaxanthin Complex, Lutein, Super Oxide Dismutase, Coenzyme Q-10		
Milk Thistle Extract *(Silybum marianum)* (seed) (Standardized to contain 80% Silymarin)	500 mg	***
Pumpkin Seed *(Cucurbita pepo)*	117 mg	***
Alpha Lipoic Acid	10 mg	***
Choline Bitartrate	10 mg	***
Inositol	10 mg	***
Boron (as Boroorganic Glycine)	2 mg	***
Oyster Extract	1 mg	***
Saw Palmetto Extract *(Serenoa repens)* (fruit)	1 mg	***
Lycopene	10 mcg	***
Vanadium (as Sodium Metavanadate)	10 mcg	***

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

Other Ingredients: Cellulose (Plant Origin), Soybean Oil, Gelatin, Rice Powder, Glycerin, Croscarmellose, Hypromellose, Silica, Vegetable Stearic Acid, Soy Lecithin, Vegetable Magnesium Stearate, Titanium Dioxide Color, Mixed Natural Tocopherols, Natural Palm Leaf Glaze, Vanillin.
Contains soy, milk, wheat and fish (hake, pollock) ingredients.
†As Ethyl Esters

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PERFORMANCE*

IF YOU TRAIN HARD AND DEMAND RESULTS, THEN MET-Rx® ARSENAL TRAINING PACKS™ ARE EXACTLY WHAT YOU NEED IN YOUR SUPPLEMENT REGIMEN. REGULAR MULTIVITAMINS ARE DESIGNED FOR THE AVERAGE PERSON, WHILE OUR ARSENAL TRAINING PACKS™ HAVE BEEN SCIENTIFICALLY DEVELOPED FOR ELITE ATHLETES AND BODYBUILDERS WHO NEED SPECIALIZED NUTRITIONAL SUPPORT.

- Potent Antioxidants, such as Vitamin C and Vitamin E, to neutralize free radicals induced by hard training.*
- Our concentrated Omega-3 Micro Gels provide omega-3 fatty acids important for metabolic health and structural support of cell membranes.* Intense training can cause short-term damage to muscle cell membranes and omega-3 fats support membrane structure.*
- Serious athletes need more protein, carbs and total calories than inactive individuals. The full spectrum Enzyme Complex helps break food down into nutrients, making them available for energy and recovery.*
- Amino Acid Complex supports muscle tissue by providing protein building blocks.*
- Intense training can take a toll on the immune system. High potency doses of Selenium, Zinc and Vitamin A support immune health — to promote overall health in and out of the gym.*
- Building strong muscles is supported by strong bones. MET-Rx® Arsenal Training Packs™ provide several nutrients for maintaining bone health.*

If you're ready to take your training to the next level, step up to MET-Rx® Arsenal Training Packs™. This specially-formulated product is designed to meet the heavy demands of elite athletes and bodybuilders.

*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®

PERFORMANCE*

ARSENAL TRAINING PACKS™

4S PACKETS

DIETARY SUPPLEMENT

MET-Rx®

PERFORMANCE*

ARSENAL TRAINING PACKS™

PROVIDING BALANCED NUTRITION FOR THE SERIOUS ATHLETE

» SUPPORTS MUSCLE TISSUE*
» FULL SPECTRUM MICRONUTRIENT, ENZYME & FATTY ACID COMPLEXES

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4S PACKETS

DIETARY SUPPLEMENT

PERFORMANCE*

Directions: For adults, take two (2) packets daily, preferably with meals. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to ragweed, or daisy-like flowers. 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 OUTER WRAP IS TORN OR MISSING.

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