

RTD 51:

- Combines fast and slow-digesting proteins for extended muscle support*
- Loaded with BCAAs and other essential amino acids from high-quality protein
- Excellent source of over 20 vitamins and minerals essential for protein metabolism and other metabolic functions*
- Helps replenish energy*
- Low in fat
- No aspartame

Directions For Adult Use: Drink one to three cans per day to support your daily high protein and calorie needs. To support muscle-building, consume approximately 1 gram of protein per pound of body weight from all dietary sources per day.* For best results, drink 1 can of RTD 51 immediately following your workout to help support muscle recovery.*

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

51g PROTEIN 2g SUGAR

MET-Rx® Protein Plus

RTD 51

High Protein Ready-To-Drink Shake

With METAMYOSYN® VPR Protein Blend

Creamy Vanilla

Naturally and Artificially Flavored

- **Natural Source of Amino Acids**
- **100% DV Calcium**
- **0g Trans Fat**

15 fl. oz. (443 mL)

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

Shake Gently • Serve Chilled

Contents Under Pressure; Open Slowly to Reduce Potential Splashing.
Refrigerate after opening

Nutrition Facts

Serving Size 1 Can

Amount Per Serving

Calories 230 **Calories from Fat 10**

%Daily Value**

Total Fat 1g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 180mg **8%**

Potassium 320mg **9%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 51g **102%**

Vitamin A 30% • Vitamin C 50%

Calcium 100% • Iron 10%

Vitamin D 40% • Vitamin E 40%

Vitamin K 25% • Thiamin 70%

Riboflavin 50% • Niacin 45%

Vitamin B-6 50% • Folic Acid 45%

Vitamin B-12 60% • Biotin 35%

Pantothenic Acid 50% • Phosphorus 70%

Iodine 25% • Magnesium 8%

Zinc 20% • Selenium 20%

Copper 10% • Manganese 40%

Chromium 25% • Molybdenum 25%

**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: Water, METAMYOSYN® VPR Protein Blend (Calcium Caseinate, Milk Protein Concentrate, Whey Protein Concentrate), Natural and Artificial Flavors (Contains Caramel Color), Cellulose Gel, Vitamin and Mineral Blend (Tricalcium Phosphate, Sodium Phosphate, Sodium Ascorbate, Sodium Citrate, dl-Alpha Tocopheryl Acetate, Niacinamide, Vitamin A Palmitate, d-Calcium Pantothenate, Ferrous Sulfate, Phytantriol, Manganese Sulfate, Cholecalciferol, Zinc Oxide, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Copper Sulfate, Cyanocobalamin, Folic Acid, Biotin, Chromium Chloride, Chromium Molybdate, Potassium Iodide, Sodium Selenite), Dipotassium Phosphate, Sucralose, Cellulose Gum, Sodium Hydroxide, Acesulfame Potassium, Carrageenan.

Contains milk ingredients.

MET-Rx®
Shaping Every Body.™



© 2009
Manufactured for 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

KEEP OUT OF REACH OF CHILDREN.