

RTD 51:

- Contains 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 two 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.*

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

KEEP OUT OF REACH OF CHILDREN.

Shake Gently • Serve Chilled
Contents Under Pressure; Open Slowly
to Reduce Potential Splashing.

REFRIGERATE AFTER OPENING

51g PROTEIN **3g SUGAR**

MET-Rx®
Protein Plus

RTD
51

High Protein Ready-To-Drink Shake

With METAMYOSYN® VPR Protein Blend

Frosty Chocolate

Naturally 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.

Nutrition Facts

Serving Size 1 Can

Amount Per Serving

Calories 250 Calories from Fat 20

%Daily Value**

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 150mg **6%**

Potassium 430mg **12%**

Total Carbohydrate 6g **2%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 51g **102%**

Vitamin A 30% Vitamin C 50%

Calcium 100% Iron 15%

Vitamin D 40% Vitamin E 45%

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 80%

Iodine 25% Magnesium 20%

Zinc 15% Selenium 20%

Copper 20% 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, Metamysyn® VPR Protein Blend (Milk Protein Concentrate, Whey Protein Concentrate, Calcium Caseinate), Cocoa (Processed with Alkali), Cellulose Gel, Natural Flavors (Contains Caramel Color), 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, Phytonadione, Manganese Sulfate, Cholecalciferol, Zinc Oxide, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Copper Sulfate, Cyanocobalamin, Folic Acid, Biotin, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenite), Sucralose, Cellulose Gum, Acesulfame Potassium, Carrageenan.

Contains milk ingredients.

Part No. 18-14057

14055 04D B14055 LAC



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MET-Rx®
Shaping Every Body.

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