

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.

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MET-Rx®
Shaping Every Body.™

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Manufactured for 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

KEEP OUT OF REACH OF CHILDREN.

51g PROTEIN

2g SUGAR

MET-Rx®
Protein Plus

RTD
51

High Protein Ready-To-Drink Shake

With METAMYOSYN® VPR Protein Blend

Cookies & Creme

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 250 Calories from Fat 20

%Daily Value**

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 180mg **8%**

Potassium 420mg **12%**

Total Carbohydrate 8g **3%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 51g **102%**

Vitamin A 30% • Vitamin C 50%

Calcium 100% • Iron 20%

Vitamin D 40% • Vitamin E 45%

Vitamin K 30% • 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 15%

Zinc 20% • 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 (Calcium Caseinate, Milk Protein Concentrate, Whey Protein Concentrate), Cocoa (Processed with Alkali), Natural and Artificial Flavors (contains wheat, soy, and caramel color), Cellulose Gel, Vitamin and Mineral Blend (Tricalcium Phosphate, Sodium Phosphate, Sodium Ascorbate, Sodium Citrate, dl-Alpha Tocopheryl Acetate, Nicotinamide, Vitamin A Palmitate, d-Calcium Pantothenate, Ferrous Sulfate, Phytanadione, Manganese Sulfate, Cholecalciferol, Zinc Oxide, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Copper Sulfate, Cyanocobalamin, Folic Acid, Betain, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenate), Sucralose, Dipotassium Phosphate, Cellulose Gum, Acesulfame Potassium, Sodium Hydroxide, Carageenan.

Contains milk, wheat and soy ingredients.