RTD 51:

- Combines fast and slow-digesting pro-Loaded with BCAAs and other essential
- aminos from high-quality protein Excellent source of over 20 vitamins and minerals essential for protein metabolism and other metabolic func-

Directions For Adult Use: Drink

one to three cans per day to sup-

teins for extended muscle support*

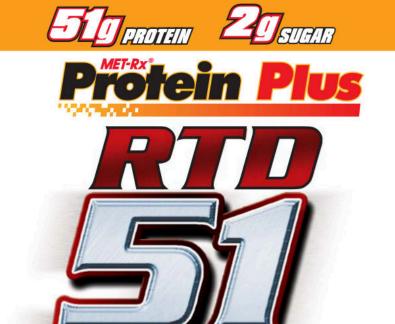
- Helps replenish energy*
- No aspartame

port your daily high protein and calorie needs. To support musclebuilding, 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.

Prod. No. 16995 02B B16995 LZJ





High Protein Ready-To-Drink Shake

With METAMYOSYN® VPR Protein Blend



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 260 Calories from Fat 30

%Daily Value**

Total Fat 3.5g Saturated Fat 1g 5% Trans Fat 0g

Cholesterol 15mg 5%

Sodium 200mg 8% Potassium 360mg 10% 2%

Total Carbohydrate 7g Dietary Fiber 3g 12% Sugars 2g

Protein 51a 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 60% lodine 25% Magnesium 15%

Zinc 20% Selenium 20% Copper 20% Manganese 40% Molybdenum 25% Chromium 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: 2,500 Total Fat Less Than 80g Sat Fat 25g 300mg Less Than 20a Cholesterol Less Than 300ma

2,400mg Sodium Less Than 2,400mg Potassium 3,500mg 3,500mg Total Carbohydrate 300g 375g Dietary Fiber 30g 65a Protein

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

ngredients: Water, Metamyosym® VPR Protein Blend (Calcium Caseinate, Milk Protein Concentrate Vney Protein Concentrate), Natural and Artificial Flavors, Peanut Butter, Coccoa (Processed with Alkali) Cell vices (ed. Internate), water and vices have been prospeted south in Mosphate South Associated, Sodium Clate, di-Ajana Tocophey). Aester, Macinsmide, Vitamin A Palmitate, di-Calcium Partichinate, Ferrous, Sulfate, Phytonadione, Manganese, Sulfate, Chalecacited, Jan. Oode, Phytocopher Hydrochloride, Thamin Hydrochloride, Rhofidam, Copier Sulfate, Cyanocotalamin, Folic Acd, Biloth, Chromium Cirofice, Sodium Molyladie; Potassulm lodde, Sodium Setenle), Diputssium Prosphate, Cellulose Gum, Acesulfame Potassium, Sodium Hydroxide, Sucralose, Carrageerian Contains milk and peanut ingredients.