

Nutrition Facts

Serving Size 1 Bottle (14.5 fl. oz. (429 mL))

Amount Per Serving

Calories 260 Calories from Fat 25

%Daily Value**

Total Fat 3g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 120mg **5%**

Potassium 540mg **15%**

Total Carbohydrate 20g **7%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 40g **80%**

Vitamin A 30% Vitamin C 50%

Calcium 100% Iron 15%

Vitamin D 40% Vitamin E 40%

Vitamin K 25% Thiamin 70%

Riboflavin 50% Niacin 45%

Vitamin B-6 45% Folate 40%

Vitamin B-12 60% Biotin 35%

Pantothenic Acid 50% Phosphorus 60%

Iodine 25% Magnesium 15%

Zinc 15% Selenium 20%

Copper 20% Manganese 35%

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® MPF Protein Blend (Milk Protein Concentrate, Calcium Caseinate, Whey Protein Concentrate, L-Glutamine), Maltodextrin, Cocoa (processed with alkali), Natural & Artificial Flavors (contains caramel color), Cellulose Gel, Canola Oil, High-Oleic Safflower Oil, Sucralose, Tricalcium Phosphate, Dipotassium Phosphate, Cellulose Gum, Sodium Phosphate, Sodium Ascorbate, Acesulfame Potassium, Potassium Hydroxide, Carrageenan, Sodium Citrate, dl-Alpha Tocopheryl Acetate, Niacinamide, Vitamin A Palmitate, d-Calcium Pantothenate, Ferrous Sulfate, Phytanadione, Manganese Sulfate, Cholecalciferol, Zinc Oxide, Pyridoxine Hydrochloride, Thiamine Hydrochloride, Riboflavin, Copper Sulfate, Cyanocobalamin, Folic Acid, Biotin, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenite.

Contains milk ingredients.

40g METAMYOSYN® MPF
Fast & Slow Acting Protein Blend

MET-Rx®
ENGINEERED NUTRITION®
Original Meal Replacement

**Complete Protein Blend
to Help Build Lean Muscle***

Extreme Chocolate

Naturally and Artificially Flavored

- **40g of Protein**
- **Plus L- Glutamine**
- **Low Fat & 2g of Sugar!**

HIGH PROTEIN SHAKE

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

14.5 FL. OZ. (429 mL)

A decade ago, the MET-Rx® Original Meal Replacement powder formula revolutionized the sport nutrition world. Today, it is still a staple for most nutrition regimens. And now... we utilized the principles of that formula to engineer the new MET-Rx® Original Meal Replacement RTD!

- **STRENGTH Formula***
- **Help Support RECOVERY***
- **Sustain ENERGY***
- **Loaded with 23 VITAMINS & MINERALS**
- **98 % LACTOSE FREE**

Directions: For Adult Use: Drink one to three bottles 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 bottle of Original Meal Replacement - Extreme Chocolate 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.

Shake Gently • Serve Chilled

Contents Under Pressure: Open Slowly to Reduce Potential Splashing.

**KEEP OUT OF REACH OF CHILDREN.
REFRIGERATE AFTER OPENING**

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Manufactured in the USA 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

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