

40g METAMYOSYN® MPF

Fast & Slow Acting Protein Blend

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 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 130mg	5%
Potassium 270mg	8%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 40g	80%

Vitamin A 30%	Vitamin C 50%
Calcium 100%	Iron 8%
Vitamin D 40%	Vitamin E 40%
Vitamin K 30%	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 8%
Zinc 15%	Selenium 20%
Copper 10%	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, Natural & Artificial Flavors, Gum Arabic, Cellulose Gel, Canola Oil, High-Oleic Safflower Oil, Tricalcium Phosphate, Cellulose Gum, Sucralose, Sodium Phosphate, Potassium Hydroxide, Sodium Ascorbate, Acesulfame Potassium, Carrageenan, Sodium Citrate, d-Alpha Tocopheryl Acetate, Nicotinamide, 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.

MET-Rx®

ENGINEERED NUTRITION®

Original Meal Replacement

Complete Protein Blend to Help Build Lean Muscle*

Original Vanilla

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 - Original Vanilla 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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Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com