FOR MAXIMUM MUSCLE SUPPORT, CONSUME 1-2 SCOOPS IMMEDIATELY AFTER EXERCISE.\*

### MET-Rx® ULTRAMYOSYN® WHEY ISOLATE

MET-RX® ULTRAMYDSYN® WHEY ISOLATE IS AN ULTRA PREMIUM PROTEIN DESIGNED TO PROVIDE MAXIMUM SUPPORT FOR LEAN MASS, STRENGTH AND EXERCISE RECOVERY \* ULTRAMYOSYN WHEY ISOLATE CONTAIN: PROTEIN THAT IS PROCESSED USING MICROFILTRATION TO ENSURE AN ISOLATED WHEY THAT CONTAINS , MINIMUM OF 90% PROTEIN WITH MINIMAL LACTOSE AND FAT. THESE ISOLATION PROCESSES SEPARATE THE VALUABLE PROTEIN FROM NON-PROTEIN MATERIALS YIELDING A HIGHLY-PURIFIED WHEY ISOLATE.

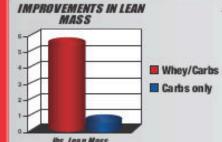
MET-RX® ULTRAMYOSYN® WHEY ISOLATE PROVIDES ALL OF THE BENEFITS WHEY PROTEIN IS KNOWN FOR AND MORE. BY CAREFULLY REMOVING THE FAT AND LACTOSE THAT YOU DON'T NEED WHILE INCREASING THI PERCENTAGE OF AMINOS AS COMPARED TO REGULAR WHEY CONCENTRATE.

### What makes MET-Rx® Ultramyosyn® Whey Isolate worth it:

- . Pro-Defense Blend for Recovery from Intense Training\*
- . Over 5 grams of BCAAs from Protein.
- 98% Lactose Free
- . Enhanced with additional free-form amino acids to work synergistically with Whey Isolate's high concentration of aminos to support recovery.\*
- . State-of-the-art manufacturing processes are used to retain the active Whey Protein Peotides and Microfractions including Beta-lactoglobulin, Alpha-lactalbumin, Lactoferrin and more - some other whey isolate processing methods

- . Delivers a high quality Whey Isolate protein with a higher amino acid profile gram for gram than ordinary Whey
- . Each serving contains over 5 g of the following Branched Chain Amino Acids from protein:

  - Leudne Valine



# IMPROVEMENTS IN BENCH PRESS STRENGTH

Ibs. In creased

can be obtained from a few ounces of juice.

25g Pure Whey I solate with just two grams of carbohydrates. remove Glycomacropeptides, which are an important protein

Which typically provides:

Whey Protein Combined with a Small Amount of Carbs Provides Greater Support for Muscle and Strength Compared to Carbs-Only When Taken During a Six Week Training program.



consumed 1.2 grams of protein powder per kg of body weight each day. divided into 3 servings -1 before training, 1 after training and 1 before bed. Each serving contained approximately 7 - 10 grams of

Untrained subjects

carbohydrates, which

MET-RX

Naturally & Artificially Flavored

**ULTRAMYOSYN® WHEY** 

- >> 30G OF PROTEIN FEATURING PURE WHEY PROTEIN ISOLATE
- >> OUR FORMULA CONTAINS **OVER 5G** OF BCAAs FROM PROTEIN PLUS A PRO-DEFENSE BLEND TO HELP SUPPORT MUSCLE RECOVERY FROM INTENSE TRAINING\*
- >> MICROFILTERED FOR FASTER ABSORPTION AND DELIVERY

LEAN MASS &

STRENGTH\*

>> ONLY 130 CALORIES AND 2G CARBS PER SERVING. 63 SERVINGS PER CONTAINER.

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

PROTEIN POWDER / NET WT. 5 LB. (80 OZ.) (2,268 g)



## **Nutrition Facts**

Serving Size 1 Scoop (36g) Servings Per Container about 63

			Blender - Simple
Amount Per Serv	ing		Add one scoop of \$
Calories 130	77.5	Calories from Fat 10	blender filled with Cover and blend for
		%Daily Value**	add peanut butter, f
Total Fat 1g		2%	Shaker - Simpler Fill a shaker bottle v
Saturated Fat 0.5g		3%	Add one scoop of
Trans Fat 0g			Cover and shake for
Cholesterol 15mg		6%	Glass & Spoon - 5 Add one scoop of 8
Sodium 110mg		5%	6-8 aunces of your
Potassium 200mg		6%	or until completely b
Total Carbohydrate	2g	1%	^^For Mass Gaining butter, 1-2% mill
Dietary Fiber 1g		4%	For Dieters: add
Sugars <1 g		- 8	blueberries and r
Protein 30g		60%	Please note: Crysta
Vitamin A 0%		Vitamin C 0%	within the powder.  Contents are sold by
Calcium 8%		Iron 2%	MET-Rx® Ultramyos
Phosphorus 8%		Magnesium 2%	WARNING: If you a
Copper 2%			tions or have any

"Percent Daily Values are based on a 2,000 calone diet. Your daily

Assists may be righer	Calories:	2,000	2,500	under the age of 18.
Total Fat. Sat Fat. Choles terol Sodium Rotessium Total Carbohydnate. Dietary Riber Protein	Less than Less than Less than Less than	65g 20g 300mg 2,400mg 3,500mg 300g 25g 50g	80g 25g 300mg 2,400mg 3,500mg 375g 30g 65g	KEEP OUT OF REAL TEMPERATURE AN RESISTANT: DO N BROKEN OR MISSIN TO SUDDON MISSIN

Catories per gram: Fat 9 \* Carbohydrate 4 \* Protein 4

Ingredients: Whey Protein Isolate, Pro-Defense Blend "Use in conjunction with an intense daily exercise program (L-Glutamine, L-Taurine, L-Arginine, L-Alanine, L-Lysine, and a balanced diet including L-Leucine. Isoleucine. Valine). Cocoa (processed with Alkali), an adequate caloric intake. Natural and Artificial Flavors, Cellulose Gum, Soy Lecithin, Xanthan Gum. Acesufame Potassium. Carrageenan.

Contains milk say and wheat ingredients

Essential Am	ino Acids	Nonessential Amino Acids		
Histidine Isolaucine Leucine Lyaine Methionine Phenylalanine Threonine Tryptophant*** Valine	386 mg 1,563 mg 2,515 mg 1,969 mg 493 mg 709 mg 1,197 mg 426 mg 1,391 mg	Alarine Arginine Aspartic Acid Cysteine Glutamic Acid Glycine Proline Serine Tyrosine	1,169 mg 517 mg 2,608 mg 576 mg 4,256 mg 399 mg 1,687 mg 671 mg	

"L-Tryptophan is naturally occurring, not added.

Directions: For adults, take one (1) scoop (36 g), one to two imes daily. Serious athletes should consume 1-2 scoops twice per day for maximum muscle support, with at least 1-2 scoops taken immediately after exercise.

#### llender - Simple

Add one scoop of MET-Rx® Ultramyos yn® Whey Isolate to dender filled with 6-8 ounces of your favorite beverage. Cover and blend for 20-30 seconds. For a delicious smoothie. add peanut butter, fruit, or yogurt along with ice cubes.^^

#### Shaker - Simpler

ill a shaker bottle with 6-8 ounces of your favorite beverage Add one scoop of MET-Rx® Ultramyosyn® Whey Isolate. Cover and shake for 25-30 seconds.

### Glass & Spoon - Simplest

Add one scoop of MET-Rx® Ultramyos yn® Whey Isolate to 8-8 ounces of your favorite beverage. Stir for 20-30 seconds r until completely blended.

AFor Mass Gaining: add higher calorie foods such as peanut butter, 1-2% milk, and fruit juices. For Dieters: add lower calorie foods such as skim milk.

blueberries and raspberries, or just use water Please note: Crystalline Taurine will appear as small crystals.

Contents are sold by weight. Some settling may occur.

MET-Rx<sup>®</sup> Ultramyosyn<sup>®</sup> Whey Isolate is aspartame free.

WARNING: If you are pregnant, nursing, taking any medicaions or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons

CEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT, TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

o support mass, consume approximately 1 gram of protein perpound of body weight from all dietary sources per day."



Manufactured in the USA by MET-Rx Nutrition, Inc. Boca Raton, FL 33487 @2013 Questions? Call to I free 1-800-55-MET-Rx lo leam more, please go to

www.MET-Rx.com



Carolose D. et al. International Journal of Sopri National, and Europian Metabolism. 2008, 18(3), 278-244.