



NATURAL

Metabolic Whey

100% PREMIUM WHEY PROTEIN

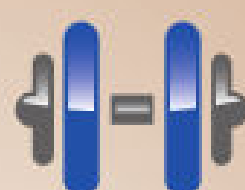
- 22 GRAMS OF PROTEIN PER SERVING •
- LOADED WITH BCAA'S & ENZYMES •



FITNESS**



RECOVERY**



STRENGTH**



GLUTEN-FREE

DIETARY SUPPLEMENT
NET WT 10LBS (4540G)

DUTCH CHOCOLATE

MIXES INSTANTLY
145 SERVINGS

**This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Metabolic Whey™ is a delicious, creamy, 100% whey protein formula. Our unique protein blend **NAT-PRO OPTIMIZER** is bioengineered to increase muscle size, strength and promote lean body mass.** **NAT-PRO OPTIMIZER** delivers an optimal source of whey protein. It is produced by a state-of-the-art, low temperature, ultra-filtration process, which yields an extremely clean, high quality whey protein. This unique processing yields a High Biological Value protein, rich in branched chain amino acids and glutamic acid for advanced recovery, therefore, providing increased nitrogen retention without causing indigestion, stomach cramps or pains.**

In addition, **NAT-PRO OPTIMIZER** is fortified with cross flow, ultrafiltered Whey Protein Isolate, L-Glutamine and **Digest-All® AP**. The biochemists at **MRM** have taken the "High Protein Diet" to the next level, without the worry of wasting ingested protein. The addition of **Digest-All® AP** helps break down long and short chain peptides into smaller, more readily absorbable amino acids for maximum absorption and utilization.** The problem with the "high protein" diet used by many athletes is that the body is unable to naturally digest and absorb high amounts of protein at one time. **Digest-All® AP** helps the body release more amino acids from ingested protein than the action of digestive enzymes alone.** When an athlete takes **Metabolic Whey™**, enhanced with **Digest-All® AP**, the body can absorb more amino acids directly into the muscle tissue, which helps to increase muscle size, strength and lean body mass.**

Protein needs vary from person to person. Heavy resistance exercise and physical activity stimulates muscle hypertrophy (growth) as well as protein metabolism. Through stimulating myofibrillar protein synthesis (resistance training) and mitochondrial protein synthesis (endurance training), significant quantities of amino acids are oxidized during each type of exercise. Recent data concerning the protein needs for athletes and exercise enthusiasts has found that dietary protein intake of 1.2-1.8g/kg body weight per day is likely needed for individuals participating in regular strength or endurance exercise to achieve optimal muscle growth.** New information has increased that to even 2.4g/kg for intense training athletes.**

To increase muscle size and strength, it is crucial that you consume enough high quality protein to put your body into a state of positive nitrogen balance. Each scoop of **Metabolic Whey™** provides 22g of a unique protein blend of non-denatured and easily digested whey protein.

This formula was designed to provide your muscles with all of the essential amino acids required for maximum nitrogen retention necessary for muscle strength, growth and development.** **Metabolic Whey™** is a delicious protein supplement and is Aspartame-Free!

**This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

- No Added MSG
- No Aspartame or Acesulfame K

Contains NO peanut, tree nut, fish, shellfish, wheat, gluten or yeast.

Contains milk and soy.
Contains less than 1% soy lecithin.

This product is manufactured in a facility that produces other products
and may contain trace amounts of egg.

Directions: Add one scoop (30 grams) of Metabolic Whey to a 3-4 oz glass of water, milk, juice or blend with yogurt and fruit. When mixing, add liquid first, then powder and stir briskly until completely dispersed.

Supplement Facts

Serving Size 1 Scoop (approx. 31.2 grams)
Servings Per Container - 145

Amount Per Serving	% Daily Value*	
Calories	120	
Calories from Fat	20	
Total Fat	2g	3%
Saturated Fat	0g	0%
Trans Fat	0g	†
Cholesterol	25mg	8%
Sodium	50mg	2%
Potassium	130mg	4%
Total Carbohydrates	3g	1%
Dietary Fiber	<1g	4%
Sugars	2g	†
Protein	22g	44%

Vitamin A 0% • Vitamin C 0%
Calcium 15% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Ingredients: NAT-PRO OPTIMIZER [Ultrafiltered, Low Temperature Processed Whey Protein Concentrate (milk), Crossflow Microfiltered Whey Protein Isolate (milk), L-Glutamine, Soy Lecithin & Digest-All® AP (a vegan enzyme blend)], Cocoa, Natural Chocolate Flavor, TreLEAFia™ (Trehalose, Stevia Leaf Extract and Monk Fruit Extract), Carrageenan and Salt.

TreLEAFia™
SWEETNESS BY NATURE

Formulated by & Manufactured for:
MRM
2665 Vista Pacific Dr.
Oceanside, CA 92056 USA
www.mrm-usa.com • 1-800-948-6296

Typical Amino Acid Profile Per 31.2g Scoop

Alanine	980mg
Arginine	490mg
Aspartic Acid	2330mg
Cysteine	270mg
Glutamic Acid	3660mg
Glutamine	1220mg
Glycine	490mg
Histidine	310mg
Isoleucine	1350mg
Leucine	1990mg
Lysine	1880mg
Methionine	400mg
Phenylalanine	650mg
Proline	1310mg
Serine	1110mg
Threonine	1270mg
Tryptophan	460mg
Tyrosine	540mg
Valine	1270mg

The Protein Blend in Metabolic Whey™ contains the following supportive immunofactors:
48-52% beta-lactoglobulin
18-22% alpha-lactoglobulin
20-22% glyco-macro-peptide
2% immunoglobulins
0.5-1% lactoferrin



6 09492 72053

0314/001