POST-WORKOUT

FOR MAXIMUM RESULTS, USE MET-Rx® 100% MICELLAR CASEIN BETWEEN MEALS AND BEFORE BED.

MET-Rx® 100% MICELLAR CASEIN

*MET-Rx® 100% MICELLAR CASEIN IS A PREMIER SUSTAINED-RELEASE FORMULA THAT CAN BE USED ANY TIME OF THE DAY—MORNING OR NIGHT. EACH PROTEIN-PACKED SERVING PROVIDES A SUSTAINED DELIVERY OF AMINO ACIDS TO FUEL LEAN MUSCLE, STRENGTH AND RECOVERY.**

WHEN CASEIN PROTEINS ARE INGESTED, THEY DISSOLVE VERY SLOWLY FROM THE STOMACH BEFORE EVENTUALLY REACHING THE BLOODSTREAM. THIS CREATES A "TIME-RELEASED" EFFECT THAT ALLOWS AMINO ACIDS TO STEADILY MAKE THEIR WAY TO THE MUSCLES OVER AN EXTENDED PERIOD. OUR PROTEIN PROVIDES CASEIN ONLY AS MICELLAR CASEIN.*

CASEIN ALSO PROVIDES ALL OF THE ESSENTIAL AMINO ACIDS NEEDED FOR LEAN MUSCLE, INCLUDING THE BRANCHED CHAIN AMINO ACIDS (TYPICAL PROFILE):

- *LEUCINE: 2.4 G*
- *ISOLEUCINE: 1.2 G*
- *VALINE: 1.4 G*

*3 GRAMS OF FIBER: EACH SCOOP IS FURTHER ENHANCED WITH A GOOD SOURCE OF FIBER. WHETHER YOU ARE TRYING TO GET LEAN OR GAIN MASS, DAILY FIBER INTAKE IS IMPORTANT FOR DIGESTIVE SUPPORT AND MAINTAINING YOUR OVERALL PHYSIQUE.**

**USE IN CONJUNCTION WITH AN INTENSE DAILY EXERCISE PROGRAM AND A BALANCED DIET INCLUDING AN ADEQUATE CALORIC INTAKE.*

MET-Rx®

LEAN MASS & STRENGTH*

100% MICELLAR

CASEIN

- **25G** PREMIUM SUSTAINED-RELEASE PROTEIN
- **OVER 4 GRAMS** OF BCAAs FROM PROTEIN
- GOOD SOURCE OF FIBER

VANILLA
Natural Flavor

LEARN MORE by scanning **QR CODE** with your **Smart Phone** ❯❯❯❯❯❯

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

PROTEIN POWDER / NET WT. 2 LB. (32 oz.) (907 g)

Nutrition Facts

Serving Size 1 Scoop (35g)
Servings Per Container about 25

Amount Per Serving	
Calories 120	Calories from Fat 10
	% Daily Value**
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 30mg	1%
Potassium 20mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 25g	50%
Vitamin A 0%	Vitamin C 0%
Calcium 50%	Iron 0%

**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: Micellar Casein, Oat Fiber, Natural Vanilla Flavor, Inulin, Soy Lecithin, Acesulfame Potassium, Sucralose, Xanthan Gum.

Contains milk and soy ingredients.

Typical Amino Acid Profile (milligrams per 35 g scoop****)

Essential Amino Acids		Nonessential Amino Acids	
Histidine	652 mg	Alanine	791 mg
Isoleucine	1,220 mg	Arginine	888 mg
Leucine	2,423 mg	Aspartic Acid	1,880 mg
Lysine	2,053 mg	Cysteine	162 mg
Methionine	644 mg	Glutamic Acid	5,325 mg
Phenylalanine	1,142 mg	Glycine	431 mg
Threonine	1,050 mg	Proline	2,335 mg
Tryptophan***	309 mg	Serine	1,360 mg
Valine	1,484 mg	Tyrosine	1,226 mg

***L-Tryptophan is naturally occurring, not added.
****approximate values

Directions:

Workout Days - For adults, mix one (1) rounded scoop (35 g) with 8 fluid ounces of cold water or milk and consume after your workout. For a less gritty mouth feel, use 12 fluid ounces of water. An additional scoop can be taken before bed.

Non-Workout Days - Take one (1) rounded scoop (35 g) daily with 8 fluid ounces of cold water or milk at breakfast, before bed or any time of the day. As a reminder, discuss the supplements and medications you take with your healthcare providers.

Combined with Whey Protein: Create your own fast and slow-release protein stack by mixing MET-Rx® Ultramyosyn Whey Protein with Casein. For a greater sustained-release effect, mix a 3:1 ratio of Casein:Whey. For a greater fast-acting effect, mix a 3:1 ratio of Whey:Casein.

Contents are sold by weight. Some settling may occur.

WARNING: If you are pregnant, nursing, taking any medications 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 under the age of 18.

KEEP 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.

MET-Rx®
Shaping Every Body.

Manufactured in the USA by
MET-Rx Nutrition, Inc.
Boca Raton, FL 33487

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

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