

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 PROTEIN 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: 2.3 G
- ISOLEUCINE: 1.1 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



**CHOCOLATE**  
Natural Flavor

» **25G PREMIUM SUSTAINED-RELEASE PROTEIN**

» **OVER 4 GRAMS OF BCAAs FROM PROTEIN**

» **GOOD SOURCE OF FIBER**

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.) (907g)

### 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 6%

Sodium 170mg 7%

Potassium 55mg 2%

Total Carbohydrate 4g 1%

Dietary Fiber 3g 11%

Sugars 1g

Protein 25g 50%

Vitamin A 0% Vitamin C 0%

Calcium 50% Iron 2%

\*\*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, Natural Flavors, Cocoa Powder, Oat Fiber, Inulin, Soy Lecithin, Sodium Chloride, 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 640 mg	Alanine 776 mg
Isoleucine 1,197 mg	Arginine 872 mg
Leucine 2,378 mg	Aspartic Acid 1,845 mg
Lysine 2,014 mg	Cysteine 159 mg
Methionine 632 mg	Glutamic Acid 5,226 mg
Phenylalanine 1,121 mg	Glycine 423 mg
Threonine 1,031 mg	Proline 2,291 mg
Tryptophan*** 303 mg	Serine 1,334 mg
Valine 1,456 mg	Tyrosine 1,203 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® Ultramysosyn 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  
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Questions? Call toll free  
1-800-55-MET-Rx  
To learn more, please go to  
[www.MET-Rx.com](http://www.MET-Rx.com)

