

PRE & POST WORKOUT

FOR BEST-TASTING RESULTS, MIX MET-Rx® PROTEIN & OATS WITH 8-10 FL. OUNCES OF WATER OR MILK IN A SHAKER FOR BREAKFAST, OR AS A DELICIOUS AND SATISFYING MEAL ALTERNATIVE BEFORE OR AFTER YOUR WORKOUT.

MET-Rx® PROTEIN & OATS

MET-Rx® PROTEIN & OATS PROVIDES IMPORTANT COMPONENTS THAT HELP YOU POWER THROUGH NOT ONLY YOUR WORKOUT, BUT THE BUSY DAY THAT ACCOMPANIES IT.* EASY TO PREPARE AND TAKE WITH YOU, IT'S A GREAT-TASTING OPTION FOR PRE AND POST WORKOUT MEALS OR AN ON-THE-GO BREAKFAST.

MET-Rx® Protein & Oats is packed with:

- 25 grams of protein per serving for lean mass and strength*
- 7 grams of fiber per serving – a quarter of your daily need and twice the fiber of a serving of oatmeal!
- Over 4 grams of BCAAs from protein to help maintain muscle and support exercise recovery:†
 - Leucine: 2.2 g
 - Isoleucine: 1.2 g
 - Valine: 1.2 g

What's better about our formula is the synergistic ratio of whey protein, oats and flax in the powder. Whey provides fast-acting protein while the carbs from oats are slow-acting; they all work together to deliver the right balance of nutrition to help support lean muscle mass and strength, while providing you with the energy you need to attack your busy day and an all-out gym session.*

*Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

Directions: Shake tub well before opening to ensure the oats are evenly distributed in the powder. For adults, add two (2) scoops to 8-10 fl. ounces of cold water or milk and mix thoroughly in a shaker. For best results, consume immediately after preparation. We do not suggest the use of a blender, as it will significantly increase the thickness and decrease the drinkability of the shake. Increase or decrease the amount of liquid to achieve desired consistency. As a reminder, discuss the supplements and medications you take with your health care providers.

**NEW &
IMPROVED**

MET-Rx®

PROTEIN & Oats



**LEAN MASS &
STRENGTH***

25G PROTEIN[◇] | **7G** FIBER[◇]

» A DELICIOUS AND NUTRITIOUS SOURCE OF QUALITY PROTEIN AND SLOW-DIGESTING CARBS

» GREAT AT BREAKFAST OR ANY TIME OF DAY

» MADE WITH REAL OATMEAL

◇Per Serving

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

Vanilla Cinnamon
Naturally and Artificially Flavored

PROTEIN POWDER WITH OATS / NET WT. 2 LB. (32 OZ.) (907g)

**SHAKE TUB WELL
BEFORE OPENING!**

Nutrition Facts

Serving Size 2 Scoops (56 g)
Servings Per Container about 16

Amount Per Serving
Calories 200 **Calories from Fat 40**

% Daily Value**

Total Fat 4.5g

Saturated Fat 1g

Trans Fat 0g

Cholesterol 65mg

Sodium 70mg

Potassium 210mg

Total Carbohydrate 17g

Dietary Fiber 7g

Sugars 1g

Protein 25g

Vitamin A 20%

Calcium 15%

Vitamin D 20%

Thiamin 20%

Niacin 20%

Folic Acid 20%

Biotin 20%

Phosphorus 10%

Magnesium 4%

Copper 20%

Chromium 20%

Total Fat 4.5g

Sat Fat 1g

Cholesterol 65mg

Sodium 70mg

Potassium 210mg

Total Carbohydrate 17g

Dietary Fiber 7g

Protein 25g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Protein Blend (Whey Protein Concentrate, Milk Protein Isolate, Calcium Sodium Caseinate, Micellar Casein, Milk Protein Concentrate, Whey Protein Isolate, Dried Egg White), Complex Carb Optimizer Blend (Instant Oat Flakes, Oat Fiber, Maltodextrin), Lean Lipid Optimizer Blend (Flaxseed Powder, Sunflower Oil, Medium Chain Triglycerides), Amino Acid Blend (L-Glutamine, L-Arginine), Natural and Artificial Flavors, Carrageenan, Soy Lecithin, Acesulfame Potassium, Cinnamon Powder, Multi-Vitamin Optimizer Blend (Ascorbic Acid, Ferrous Fumarate, Dicalcium Phosphate, di-Alpha Tocopheryl Acetate, Niacinamide, Zinc Oxide, d-Calcium Pantothenate, Copper Sulfate, Manganese Sulfate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Chromium Picolinate, Folic Acid, Biotin, Potassium Iodide, Cholecalciferol, Cyanocobalamin), Sodium Caseinate, Mono- & Diglycerides, Sucralose, Digestive Enzyme Blend (Bromelain, Papain).

Contains milk, egg and soy ingredients.

Typical Amino Acid Profile (milligrams per 56 g serving****)	
Essential Amino Acids	Nonessential Amino Acids
Histidine 516 mg	Alanine 936 mg
Isoleucine 1,264 mg	Arginine 2,181 mg
Leucine 2,299 mg	Aspartic Acid 2,360 mg
Lysine 1,946 mg	Cysteine 417 mg
Methionine 492 mg	Glutamic Acid 3,289 mg
Phenylalanine 760 mg	Glycine 402 mg
Threonine 1,608 mg	Proline 1,384 mg
Tryptophan*** 353 mg	Serine 1,252 mg
Valine 1,239 mg	Tyrosine 663 mg

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

****Approximate values

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure 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.

Contents are sold by weight. Some settling may occur.

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

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