

The food you put into your body can have a big impact on how you look, feel and work out. MET-Rx Protein Plus® was invented to give you the competitive advantage — especially when it comes to quality protein! Each high-protein serving provides better than a 5:1 ratio of protein to carbs to help meet your nutritional goals. Best of all, MET-Rx Protein Plus® contains no added sugar¹, corn syrup solids, mono- or diglycerides and is free of aspartame and hydrogenated oils — which means 0 grams trans-fats!

THE SECRET IS IN THE PROTEIN SOURCE!

The renowned MET-Rx® protein formulation consists of METAMYOSYN®, which combines premium whey protein isolates and casein proteins, plus L-Glutamine and naturally occurring Branched Chain Amino Acids from protein — Isoleucine, Leucine and Valine. Whey is a fast-acting protein while casein is slow-acting, which results in a more prolonged absorption rate to extend the delivery of amino acids to muscles.* Milk protein is a natural source of whey and casein. MET-Rx Protein Plus® gives you a firm nutritional basis to help build lean muscle in a low-fat, great tasting formula.*

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

PERFECT ANYTIME, ANYWHERE, MET-RX PROTEIN PLUS® IS YOUR POWER PROTEIN SOURCE!

1. Not a low calorie food. Some sugar naturally occurs in ingredients. See supplement facts panel for sugar and calorie content.

Directions: Add one to two (1-2) scoops of powder with 6-16 ounces of cold water or milk and mix thoroughly in a blender. Increase or decrease the amount of liquid to achieve desired consistency. Drink 1-2 servings per day. As a reminder, discuss the supplements and medications you take with your health care providers.

Use MET-Rx Protein Plus® any time of the day including:

Immediately After Exercise: Makes an excellent post-workout shake by providing fast digesting proteins for immediate muscle support plus slow digesting proteins for extended amino acid delivery and recovery.*

With Meals: Drink along with your meal to increase the overall protein quality and content. You can also mix into oatmeal or add to recipes such as pancake and waffle mixes.

In Between Meals: Keeps levels of amino acids elevated so your body doesn't go into a catabolic state that may otherwise lead to muscle loss.*

Before Bed: The high content of slow-digesting proteins in MET-Rx Protein Plus® makes it a perfect before-bed supplement as it provides "time-released" amino acid delivery to your body.

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.

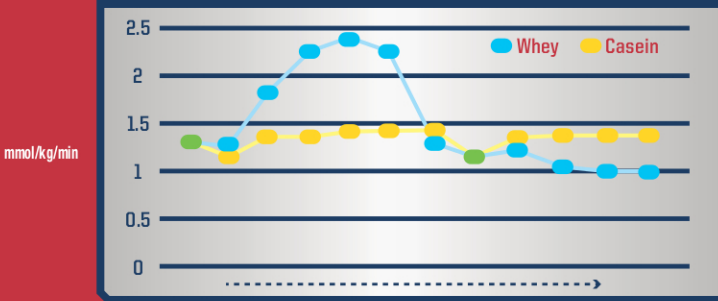
KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Contents are sold by weight. Some settling may occur.

96% Lactose Free

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

SUSTAINED PROTEIN SYNTHESIS OF WHEY AND CASEIN PROTEIN



Approximate time points illustrating whey and casein's differing effects on protein synthesis when taken on an empty stomach.

VANILLA

Naturally and Artificially Flavored

NEW LOOK!

46g PROTEIN

2g SUGAR

per 2 scoops

MET-Rx PROTEIN PLUS® Powder

COMPLETE PROTEIN BLEND To HELP BUILD LEAN MUSCLE*

- LOW FAT
- 3g L-GLUTAMINE
- ASPARTAME FREE!
- GLUTEN FREE

LESS THAN 1/2 THE CARBS! of MET-Rx® Original Meal Replacement

PROTEIN SUPPLEMENT POWDER Net Wt. 2 lb. (32 oz.) (907 g)

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

Supplement Facts

Serving Size	1 Scoop (28.5g)	2 Scoops (57g)
Servings Per Container	about 32	about 16
Amount Per Serving	%Daily Value	%Daily Value
Calories	100	210
Calories from Fat	5	10
Total Fat	0.5 g	1 g
Saturated Fat	0 g	0.5 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	25 mg
Total Carbohydrate	2 g	3 g
Sugars	1 g	2 g
Protein	23 g	46 g
Calcium	346 mg	693 mg
Phosphorus	179 mg	358 mg
Magnesium	15 mg	31 mg
Sodium	70 mg	140 mg
Potassium	70 mg	140 mg
L-Glutamine	1.5 g	3 g

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

Ingredients: METAMYOSYN® Protein Blend (Milk Protein Concentrate, Calcium Sodium Caseinate, Whey Protein Isolate, L-Glutamine, Egg White), Natural and Artificial Flavors, Guar Gum, Cellulose Gum, Xanthan Gum, Sucralose, Soy Lecithin.

Contains milk, egg and soy ingredients.

Typical Amino Acid Profile (milligrams per 28.5g scoop****)

Essential Amino Acids	Nonessential Amino Acids
Histidine	Alanine
Isoleucine	Arginine
Leucine	Aspartic Acid
Lysine	Cysteine
Methionine	Glutamic Acid
Phenylalanine	Glycine
Threonine	Proline
Tryptophan****	Serine
Valine	Tyrosine

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

MET-Rx YOU CAN'T FAKE STRONG™

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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