

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.

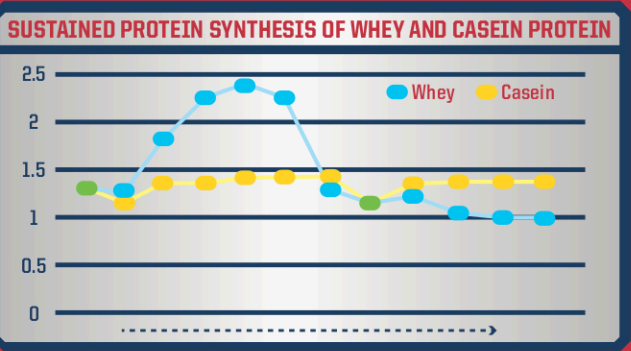
WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

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.



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

CHOCOLATE | Naturally and Artificially Flavored

NEW LOOK!

46g PROTEIN[◇]

3g 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 (31g)	2 Scoops (62g)		
Servings Per Container	about 29	about 15		
Amount Per Serving	%Daily Value		%Daily Value	
Calories	110		220	
Calories from Fat	5		15	
Total Fat	1 g	2%**	1.5 g	2%**
Saturated Fat	0.5 g	3%**	1 g	5%**
Trans Fat	0 g	***	0 g	***
Cholesterol	10 mg	3%	20 mg	7%
Total Carbohydrate	4 g	1%**	7 g	2%**
Dietary Fiber	<1 g	3%**	1 g	4%**
Sugars	1 g	***	3 g	***
Protein	23 g	46%**	46 g	91%**
Calcium	333 mg	33%	666 mg	67%
Iron	0.31 mg	2%	0.62 mg	3%
Phosphorus	186 mg	19%	372 mg	37%
Magnesium	23 mg	6%	47 mg	12%
Chromium	4 mcg	4%	8 mcg	7%
Sodium	75 mg	3%	150 mg	6%
Potassium	160 mg	5%	320 mg	9%
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, Cocoa (processed with alkali), Cellulose Gum, Acesulfame Potassium, Xanthan Gum, Soy Lecithin, Sucralose, Guar Gum.

Contains milk, egg and soy ingredients.

Typical Amino Acid Profile (milligrams per 31g scoop****)			
Essential Amino Acids		Nonessential Amino Acids	
Histidine	669 mg	Alanine	717 mg
Isoleucine	1,057 mg	Arginine	697 mg
Leucine	1,942 mg	Aspartic Acid	1,625 mg
Lysine	1,600 mg	Cysteine	206 mg
Methionine	540 mg	Glutamic Acid	4,077 mg
Phenylalanine	897 mg	Glycine	360 mg
Threonine	1,003 mg	Proline	1,887 mg
Tryptophan****	290 mg	Serine	1,070 mg
Valine	1,258 mg	Tyrosine	958 mg

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

