## **FROSTY CHOCOLATE**

Naturally Flavored SAME GREAT RTD... NEW LOOK!

3G SUGAR

## **RTD 51**

- Contains slow-digesting proteins for extended muscle support\*
- Loaded with BCAAs and other essential aminos from high-quality protein
- Excellent source of over 20 vitamins and minerals essential for protein metabolism and other metabolic functions\*
- Helps replenish energy\*
- Low in fat
- No aspartame

Directions For Adult Use: Drink one to two cans per day to support your daily high protein and calorie needs. support muscle-building. consume approximately 1 gram of protein per pound of body weight from all dietary sources per day. \* For best results, drink 1 can of RTD 51 immediately following your workout to help support muscle recovery.\*

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

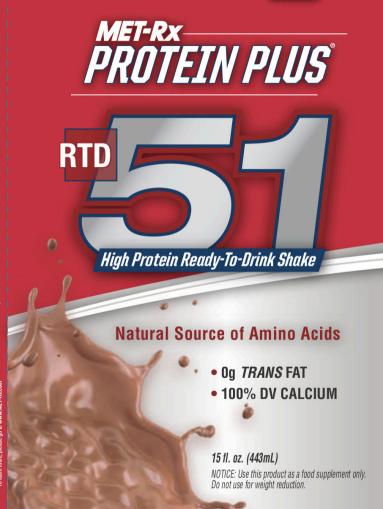
KEEP OUT OF REACH OF CHILDREN.

Shake Gently . Serve Chilled Contents Under Pressure: Open Slowly to Reduce Potential Splashing.

Refrigerate after opening







## **Nutrition Facts** Serving Size 1 Can

Calories from Fat 20

%Daily Value\*\*

5%

13%

12%

12%

102%

Iron 15%

Thiamin 70%

6%

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mount	Per	Serving	

mount	Per Serving	
		6

alories	OFO	

Total Fat 2g Saturated Fat 1g

Trans Fat 0g

Cholesterol 40ma

Sodium 150ma

Potassium 430mg

Total Carbohydrate 6a Dietary Fiber 3g

Sugars 3g Protein 51a

Vitamin A 30%

Vitamin C 50% Calcium 100% Vitamin E 45%

Vitamin D 40% Vitamin K 25%

Riboflavin 50% Niacin 45% Vitamin B-6 50% Folic Acid 45% Vitamin B-12 60% Biotin 35%

Pantothenic Acid 50% Phosphorus 80% lodine 25% Magnesium 20%

Zinc 15% Selenium 20% Copper 20% Manganese 40% Chromium 25% Molybdenum 25%

\*\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Total Fat Less than Sat Fat Less than 20g 25g 300mg 300ma Cholesterol Less than Sodium Less than 2.400ma 2.400ma 3.500mg 3,500mg Potassium Total Carbohydrate 300g 375q 30g 65g Dietary Fiber Protein

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

Ingredients: Water, Metamyosyn® VPR Protein Blend (Milk Protein Ingredients: Water, Metamyosyn® VPR Protein Biend (Milk Protein Concentrate, Calcium Cassinate), Ococa (Processed with Alkali), Cellulose Gel, Natural Flavors (Contains Caramel Color), Vitamin and Mineral Blend (Tricalcium Phosphate, Sodium Phosphate, Sodium Ascorbate, Sodium Citrate, dl-Alpha Tocopheryl Acetate, Niacinamide, Vitamin A Palmitate, d- Calcium Pantothenate, Ferrous Sulfate, Phytonadione, Manganese Sulfate, Cholecalciferol, Zinc Oxide, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Copper Sulfate, Cyanocobalamin, Folic Acid, Biotin, Chromium Chloride, Sodium Molybdate, Potassium Iodide, Sodium Selenite), Sucralose, Callulose, Gup. Aceu (Fans, Pater Ling), Carragenesa. Cellulose Gum, Acesulfame Potassium, Carrageenan,

Contains milk ingredients.