

COOKIES & CREME

Naturally & Artificially Flavored

SAME GREAT RTD... NEW LOOK!**51g**
PROTEIN**4g**
SUGAR**RTD 51**

- Contains slow-digesting proteins for extended muscle support*
- Loaded with BCAAs and other essential amino acids 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. To 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

MET-Rx PROTEIN PLUS®

RTD
51
High Protein Ready-To-Drink Shake

Natural Source of Amino Acids

- **0g TRANS FAT**
- **100% DV CALCIUM**

15 fl. oz. (443mL)

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

Nutrition Facts

Serving Size 1 Can

Amount Per Serving

Calories 260

Calories from Fat 20

%Daily Value**

Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 170mg	7%
Potassium 410mg	12%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 51g	102%

Vitamin A 30%	Vitamin C 50%
Calcium 100%	Iron 15%
Vitamin D 40%	Vitamin E 45%
Vitamin K 30%	Thiamin 70%
Riboflavin 50%	Niacin 45%
Vitamin B-6 50%	Folic Acid 45%
Vitamin B-12 60%	Biotin 35%
Pantothenic Acid 50%	Phosphorus 80%
Iodine 25%	Magnesium 20%
Zinc 10%	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:

	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: Water, Metamysyn® VPR Protein Blend (Milk Protein Concentrate, Whey Protein Concentrate, Calcium Caseinate), Cocoa (Processed with Alkali), Natural and Artificial Flavors (contains wheat, soy, and caramel color), Cellulose Gel, 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, Cellulose Gum, Acesulfame Potassium, Carrageenan.

Contains milk, wheat and soy ingredients.

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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