**2**G

## **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.

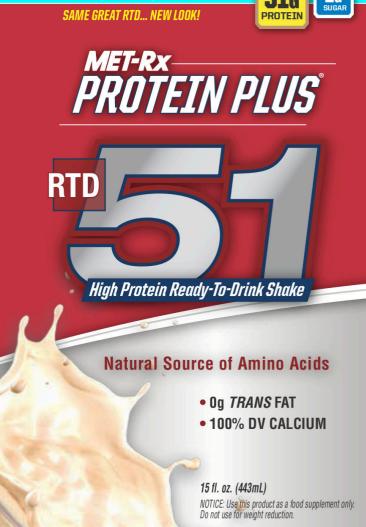
## KEEP OUT OF REACH OF CHILDREN.

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

Refrigerate after opening







## **Nutrition Facts**

3%

10%

8%

9%

8%

102%

65g

Serving Size 1 Can

mount	Per	Serving	

Calories from Fat 10

Calories 230

%Daily Value\*\*

Total Fat 1g

Saturated Fat 0.5g

Trans Fat 0g

Cholesterol 30mg

Sodium 180mg

Potassium 320mg

Total Carbohydrate 6g Dietary Fiber 2g

Sugars 2g

Protein 51a

Vitamin A 30% Vitamin C 50% Iron 10%

Calcium 100% Vitamin D 40% Vitamin E 40%

Vitamin K 25% Thiamin 70%

Riboflavin 50% Niacin 45% Vitamin B-6 50% Folic Acid 45%

Vitamin B-12 60% Biotin 35%

Pantothenic Acid 50% Phosphorus 70% lodine 25% Magnesium 8%

Zinc 20% Selenium 20% Copper 10% Manganese 40%

Molybdenum 25% Chromium 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: Total Fat Sat Fat 25g Less than 20g

300ma Cholesterol Less than 300mg 2.400mg 2,400mg Sodium Less than 3,500mg Potassium Total Carbohydrate 300g 375q Dietary Fiber 30g

Calories per gram:

Protein

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Water, Metamyosyn® VPR Protein Blend (Calcium Caseinate, Milk Protein Concentrate, Whey Protein Concentrate), Natural and Artificial Flavors (Contains Caramel Color), Cellulose Gel, Vitamin and Mineral Blend (Tricalcium Phosphate, Sodium Phosphate, Sodium Ascorbate, Sodium (Intactum Prospirate, Sodium Prospirate, Sodium Ascoroate, Sodium Citrate, di-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), Dipotassium Phosphate, Sucralose, Cellulose Gum, Sodium Hydroxide, Acesulfame Potassium, Carrageenan.

Contains milk ingredients.