POST GAME | STRENGTH | SUSTAINED RELEASE PROTEIN | POST GAME | STRENGTH | SUSTAINED RELEASE PROTEIN | POST GAME | STRENGTH | SUSTAINED RELEASE PROTEIN | POST GAME | STRENGTH | SUSTAINED RELEASE PROTEIN | POST GAME |

SUSTAINED RELEASE PROTEIN

3x Advanced Protein Blend

•FOR MUSCLE MASS & STRENGTH* •SUPPORTS EXERCISE RECOVERY*

•SLOW & FAST ACTING PROTEINS FOR SUSTAINED AMINO ACID DELIVERY

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This blend of high quality fast and slow digesting proteins was specifically formulated for those athletes serious about their training and looking to take their workouts and performance to the next level.* When consumed postgame/post-workout, this combination will deliver amino acids to immediately kick-start recovery and will provide a steady stream well after your game/workout is done.*

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

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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.

***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**

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Manufactured in the USA with select ingredients from around the world for
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**

SPORTS SERIES

STRENGTH & POWER ATHLETES

PROTEIN SUPPLEMENT

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

Net Wt. 1.25 lb. (20 oz.) (567 g)

40G PROTEIN BLEND	Casein, Whey and Milk Protein◊
	Sustained Amino Acid Delivery
✓	Muscle Building and Recovery*

◊Per 2 scoop serving

DIRECTIONS: Add two (2) scoops (60g) to 12-16 fl. ounces of water or your favorite beverage. Mix in a shaker-cup or a blender and drink immediately post workout for best results. Increase or decrease the amount of liquid to achieve desired consistency.

Supplement Facts

Serving Size 2 Scoops (60 g)
Servings Per Container about 9 servings

Amount Per Serving		%Daily Value
Calories	210	
Calories from Fat	10	
Total Fat	1.5 g	2%**
Saturated Fat	0.5 g	3%**
Cholesterol	15 mg	5%
Total Carbohydrate	10 g	3%**
Dietary Fiber	4 g	14%**
Sugars	6 g	***
Protein	40 g	80%**
Calcium	732 mg	73%
Phosphorus	475 mg	48%
Magnesium	39 mg	10%
Chromium (as Chromium Chloride)	120 mcg	100%
Sodium	190 mg	8%
Potassium	340 mg	10%
SLOW GEST-TR Sustained Release Protein Blend	49 g	***
Micellar Casein		
Milk Protein Concentrate		
Whey Protein Isolate		

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

Typical Amino Acid Profile
(milligrams per 60 g serving*****)

Essential Amino Acids	
Histidine	1,118 mg
Isoleucine	2,097 mg
Leucine	3,781 mg
Lysine	3,113 mg
Methionine	1,184 mg
Phenylalanine	1,675 mg
Threonine	1,885 mg
Tryptophan******	634 mg
Valine	2,467 mg

Nonessential Amino Acids	
Alanine	1,411 mg
Arginine	1,375 mg
Aspartic Acid	3,176 mg
Cysteine	388 mg
Glutamic Acid	8,281 mg
Glycine	708 mg
Proline	3,758 mg
Serine	2,016 mg
Tyrosine	1,395 mg

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

Other Ingredients: Fructose, Inulin, Cocoa (processed with alkali), Soy Lecithin, Natural and Artificial Flavors, Xanthan Gum, Carrageenan Gum, Acesulfame Potassium, Sucralose, Silicon Dioxide.

Contains milk and soy ingredients.

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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.