

PROTEIN + CARBS

DYNAMIC RECOVERY BLEND

- RECOVER AND REBUILD*
- HELPS REDUCE EXERCISE-INDUCED MUSCLE DAMAGE & SORENESS*

Our Post game recovery formula delivers the nutrients your muscles need to recover and rebuild from high intensity exercise.* Each serving supplies vital carbohydrates and protein needed to recover from athletic training — such as soccer, lacrosse, basketball and other high intensity sports.* 2 grams of Carnitine is also included to help reduce exercise-induced muscle damage and soreness, which are normal consequences of serious training programs.*

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

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

HIGH INTENSITY ATHLETES
DIETARY SUPPLEMENT

NET WT. 1.5 lb. (24 oz.) (680g)

35G
DYNAMIC
RECOVERY BLEND

Rapidly Replenish Energy*

10G
WHEY PROTEIN

Speed Recovery*

2G
CARNITINE

Reduce Muscle Damage & Soreness*

DIRECTIONS: Mix one (1) scoop (50g) with 10 fl. oz. of water immediately following your workout or any time you need high quality nutritional supplementation.

Supplement Facts

Serving Size 1 Scoop (50 g)
Servings Per Container about 14

Amount Per Serving	%Daily Value
Calories	170
Cholesterol	10 mg 3%
Total Carbohydrate	31 g 10%**
Protein	10 g 20%**
Sodium	95 mg 4%
Potassium	55 mg 2%
Dynamic Recovery Blend	35 g ***
Potato Starch	15 g ***
Waxy Maize	10 g ***
Maltodextrin	10 g ***
L-Carnitine (as L-Carnitine L-Tartrate)	2 g ***

**Percent Daily Values are based on a 2,000 calorie diet.

***Daily Value not established.

Typical Amino Acid Profile (milligrams per 50 g scoop****)

Essential Amino Acids

Histidine	176 mg
Isoleucine	543 mg
Leucine	1,190 mg
Lysine	943 mg
Methionine	216 mg
Phenylalanine	344 mg
Threonine	439 mg
Tryptophan***	184 mg
Valine	543 mg

Nonessential Amino Acids

Alanine	527 mg
Arginine	288 mg
Aspartic Acid	1,015 mg
Cysteine	256 mg
Glutamic Acid	1,542 mg
Glycine	192 mg
Proline	455 mg
Serine	336 mg
Tyrosine	359 mg

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

Other Ingredients: Hydrolyzed Whey Protein, Natural Flavor, Stevia Leaf Extract, Potassium Citrate, Salt.

Contains milk ingredients.

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.