

PRE & POST
WORKOUT

CAN BE TAKEN BEFORE YOUR WORKOUT, AFTER YOUR
WORKOUT, WITH A MEAL, OR AT ANY TIME OF DAY.

MET-Rx® PROTEIN REVOLUTION®

MET-Rx® PROTEIN REVOLUTION® IS THE ULTIMATE, RECOVERY FORMULA—A CUTTING-EDGE PROTEIN FORMULATION CONTAINING FOUR HIGH-PERFORMANCE BLENDS, DESIGNED TO TAKE YOUR TRAINING TO THE NEXT LEVEL.*

THIS SUPERIOR "ALL-IN-ONE" FORMULA CONTAINS THE VERY LATEST SPORTS PERFORMANCE NUTRIENTS FOR ENERGY, STRENGTH, POWER, RECOVERY AND MORE!* BY INCORPORATING THIS REVOLUTIONARY PROTEIN FORMULA INTO YOUR NUTRITION AND TRAINING PLAN YOU'LL NEVER NEED TO STACK MULTIPLE PRODUCTS AGAIN!

PROTEIN REVOLUTION® BLENDS

Pro Power Blend: A dynamic combination for power, force and strength.* Works with whey protein to make sure your muscles have everything they need to power your workout.*

Pro Defense Blend: Packed with aminos needed by the body to support nitrogen levels.*

Pro Nutrient Blend: Helps to improve muscle sensitivity to help support efficient carbohydrate and nutrient absorption.*

Pro Transport Blend: Four fast-digesting carb sources spike energy levels for both long-term energy and instant fuel.* Pro Transport Blend helps induce an insulin response that improves Creatine transport into the muscle.*

Protein Revolution® utilizes fast-acting whey protein for optimal support.*

DIRECTIONS:

Workout Days - For adults, mix two (2) rounded scoops (77 g) daily with 12 to 16 fluid ounces of cold water or juice and consume before your workout. Individuals weighing more than 125 lbs should consume another serving immediately after your workout.

Non-Workout Days -Take two (2) rounded scoops (77 g) daily with 12 to 16 fluid ounces of cold water or juice with breakfast or any time of the day. Consume within 10 minutes after mixing and increase or decrease the amount of liquid to achieve desired consistency. Take this product with an adequate fluid intake. To support lean muscle, consume approximately .8 to 1 gram of protein per pound of body weight from all dietary sources per day. As a reminder, discuss the supplements and medications you take with your healthcare providers.

MET-Rx®

**PROTEIN
REVOLUTION®**



VANILLA
Naturally and Artificially Flavored

» **PRO POWER BLEND FOR RECOVERY
AND STRENGTH***

» **PRO DEFENSE BLEND PACKED WITH
AMINOS**

» **PRO NUTRIENT BLEND FOR CARB
METABOLISM***

» **PRO TRANSPORT BLEND—RELEASES INSULIN
FOR MAXIMAL NUTRIENT TRANSPORT***

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.
DIETARY SUPPLEMENT / NET WT. 2.5 LBS. (40 OZ.) (1,134 g)

LEAN MASS &
STRENGTH*

Supplement Facts

Serving Size 2 Rounded Scoops (77g)
Servings Per Container about 15

Amount Per Serving	% Daily Value
Calories	280
Calories from Fat	30
Total Fat	3.5 g 5%**
Saturated Fat	1.5 g 7%**
Cholesterol	95 mg 31%
Total Carbohydrate	24 g 8%**
Sugars	14 g ***
Protein	30 g 60%**
Calcium	188 mg 19%
Phosphorus	140 mg 14%
Magnesium	24 mg 6%
Chromium	204 mcg 170%
Sodium	120 mg 5%
Potassium	172 mg 5%

Pro Power Blend	5.2 g ***
(Creatine Monohydrate, Creatine Ethyl Ester, Creatine Citrate)	
Pro Defense Blend	7 g ***
(L-Glutamine, L-Arginine, L-Leucine, L-Valine, Isoleucine)	
Pro Nutrient Blend	1.1 g ***
(L-Taurine, Medium Chain Triglycerides, Chromium)	
Pro Transport Blend	17.2 g ***
(Waxy Maize Starch, Dextrose, Fructose, Sugar, Bioperine® Black Pepper Extract (<i>Piper nigrum</i>) (fruit))	

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

Ingredients: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Pro Transport Blend (Waxy Maize Starch, Dextrose, Fructose, Sugar, Bioperine® Black Pepper Extract (*Piper nigrum*) (fruit)), Pro Defense Blend (L-Glutamine, L-Arginine, L-Leucine, L-Valine, Isoleucine), Pro Power Blend (Creatine Monohydrate, Creatine Ethyl Ester, Creatine Citrate), Maltodextrin, Natural and Artificial Flavors, Pro Neuro-Energy Blend (L-Taurine, Medium Chain Triglycerides, Chromium Picolinate), Soy Lecithin, Xanthan Gum, Sucralose, Tricalcium Phosphate.

Contains milk and soy ingredients.

Essential Amino Acids	Nonessential Amino Acids
Histidine 650 mg	Alanine 1,306 mg
Isoleucine 1,988 mg	Arginine 1,690 mg
Leucine 3,542 mg	Aspartic Acid 3,322 mg
Lysine 2,653 mg	Cysteine 517 mg
Methionine 636 mg	Glutamic Acid 4,179 mg
Phenylalanine 964 mg	Glycine 541 mg
Threonine 2,287 mg	Proline 1,703 mg
Tryptophan**** 487 mg	Serine 1,690 mg
Valine 1,900 mg	Tyrosine 983 mg

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

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you have kidney disease. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

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.

BIOPERINE® is a registered trademark of the Sabinsa Corporation.

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

*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.

MET-Rx®
YOU CAN'T FAKE STRONG®

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
1-800-56-MET-Rx
To learn more, please go to
www.MET-Rx.com

