

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 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.* Limit use to no more than one (1) can in a 4-hour period and no more than two (2) cans in a 24-hour period. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. This product contains caffeine. Avoid additional consumption of caffeine, which may cause adverse effects. Not intended for use by persons under the age of 18 or for those sensitive to caffeine.

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

MOCHA BLAST
Naturally Flavored

SAME GREAT RTD... NEW LOOK!

MET-Rx PROTEIN PLUS®

RTD 51
High Protein Ready-To-Drink Shake

Natural Source of Amino Acids

- 0g *TRANS* FAT
- 100% DV CALCIUM
- 200mg CAFFEINE
- ENERGY BOOSTER*

DIETARY SUPPLEMENT
15 fl. oz. (443mL)

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

51g
PROTEIN

2g
SUGAR

Supplement Facts

Serving Size 1 Can (15 fl. oz) (443 mL)

	Amount Per Serving	%Daily Value
Calories	240	
Calories from Fat	15	
Total Fat	1.5 g	2%**
Saturated Fat	1 g	4%**
Trans Fat	0 g	***
Cholesterol	35 mg	11%
Total Carbohydrate	6 g	2%**
Dietary Fiber	2 g	8%**
Sugars	2 g	***
Protein	51 g	102%**
Vitamin A	1,459 IU	29%
Vitamin C	30 mg	50%
Vitamin D	169 IU	42%
Vitamin E	13 IU	42%
Vitamin K	22 mcg	28%
Thiamin	1 mg	71%
Riboflavin	0.89 mg	52%
Niacin	8.9 mg	45%
Vitamin B-6	0.97 mg	49%
Folic Acid	175 mcg	44%
Vitamin B-12	3.89 mcg	65%
Biotin	107 mcg	36%
Pantothenic Acid	5 mg	50%
Calcium	1,000 mg (1 g)	100%
Iron	2.8 mg	15%
Phosphorus	697 mg	70%
Iodine	35 mcg	24%
Magnesium	41 mg	10%
Zinc	2.8 mg	19%
Selenium	14 mcg	20%
Copper	0.3 mg	17%
Manganese	0.7 mg	38%
Chromium	29 mcg	24%
Molybdenum	19 mcg	26%
Sodium	170 mg	7%
Potassium	490 mg	14%
Caffeine	200 mg	***

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

***Daily Value not established.

Ingredients: Water, Metamysyn® VPR Protein Blend (Milk Protein Concentrate, Calcium Caseinate, Whey Protein Concentrate), Instant Coffee, Cocoa (processed with alkali), 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, Phytanadione, 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, Caffeine Anhydrous, Acesulfame Potassium, Sodium Hydroxide, Carrageenan.

Contains milk ingredients.

*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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MET-Rx
YOU CAN'T FAKE STRONG™

Manufactured in the USA for MET-Rx Nutrition, Inc.

Boca Raton, FL 33487

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Questions? Call toll free 1-800-555-MET-Rx

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

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