

PRE & POST
WORKOUT

FOR BEST-TASTING RESULTS, MIX MET-Rx® PROTEIN & OATS WITH 8-10 FL. OUNCES OF WATER OR MILK IN A SHAKER FOR BREAKFAST, OR AS A DELICIOUS AND SATISFYING MEAL ALTERNATIVE BEFORE OR AFTER YOUR WORKOUT.

MET-Rx® PROTEIN & OATS

MET-Rx® PROTEIN & OATS PROVIDES IMPORTANT COMPONENTS THAT HELP YOU POWER THROUGH NOT ONLY YOUR WORKOUT, BUT THE BUSY DAY THAT ACCOMPANIES IT.* EASY TO PREPARE AND TAKE WITH YOU, THE DELICIOUS NEW BLUEBERRY FLAVOR IS A GREAT-TASTING OPTION FOR PRE AND POST WORKOUT MEALS OR AN ON-THE-GO BREAKFAST.

MET-Rx® Protein & Oats is packed with:

- 25 grams of protein per serving for lean mass and strength*
- 7 grams of fiber per serving – a quarter of your daily need and twice the fiber of a serving of oatmeal!
- Over 4 grams of BCAAs from protein to help maintain muscle and support exercise recovery:***
 - o Leucine: 2.2 g
 - o Isoleucine: 1.3 g
 - o Valine: 1.2 g

What's better about our formula is the synergistic ratio of whey protein, oats and flax in the powder. Whey provides fast-acting protein while the carbs from oats are slow-acting; they all work together to deliver the right balance of nutrition to help support lean muscle mass and strength, while providing you with the energy you need to attack your busy day and an all-out gym session.*

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

Directions: Shake tub well before opening to ensure the oats are evenly distributed in the powder. For adults, add two (2) scoops to 8-10 fl. ounces of cold water or milk and mix thoroughly in a shaker. For best results, consume immediately after preparation. We do not suggest the use of a blender, as it will significantly increase the thickness and decrease the drinkability of the shake. Increase or decrease the amount of liquid to achieve desired consistency. As a reminder, discuss the supplements and medications you take with your health care providers.

NEW
FLAVOR

MET-Rx®

PROTEIN
& Oats



Blueberry
Naturally and Artificially Flavored

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

PROTEIN POWDER WITH OATS / NET WT. 2 LB. (32 OZ.) (907g)

LEAN MASS &
STRENGTH*

25G
PROTEIN[◇]

7G
FIBER[◇]

» A DELICIOUS AND NUTRITIOUS SOURCE OF QUALITY
PROTEIN AND SLOW-DIGESTING CARBS

» GREAT AT BREAKFAST OR ANY TIME OF DAY

» MADE WITH REAL OATMEAL

◇Per Serving

SHAKE TUB WELL
BEFORE OPENING!

Nutrition Facts

Serving Size 2 Scoops (56 g)
Servings Per Container about 16

Amount Per Serving
Calories 210 Calories from Fat 45

	% Daily Value**
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 105mg	34%
Sodium 80mg	3%
Potassium 220mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 7g	26%
Sugars 1g	

Protein 25g 50%

Vitamin A 20%	Vitamin C 20%
Calcium 15%	Iron 20%
Vitamin D 20%	Vitamin E 20%
Thiamin 20%	Riboflavin 20%
Niacin 20%	Vitamin B-6 20%
Folic Acid 20%	Vitamin B-12 20%
Biotin 20%	Pantothenic Acid 20%
Phosphorus 10%	Iodine 20%
Magnesium 4%	Zinc 20%
Copper 20%	Manganese 20%
Chromium 20%	

**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:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Milk Protein Isolate, Micellar Casein, Milk Protein Concentrate, Whey Protein Isolate, Dried Egg White), Complex Carb Optimizer Blend (Instant Oat Flakes, Oat Fiber, Maltodextrin), Lean Lipid Optimizer Blend (Flaxseed Powder, Sunflower Oil, Medium Chain Triglycerides), Amino Acid Blend (L-Glutamine, L-Arginine), Natural and Artificial Flavors, Blueberry Flakes, Carrageenan, Soy Lecithin, Sodium Caseinate, Acesulfame Potassium, MultiVitamin Optimizer Blend (Ascorbic Acid, Ferrous Fumarate, Dicalcium Phosphate, dl-Alpha Tocopheryl Acetate, Niacinamide, Zinc Oxide, α-Calcium Pantothenate, Copper Sulfate, Manganese Sulfate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Chromium Picolinate, Folic Acid, Biotin, Potassium Iodide, Cholecalciferol, Cyanocobalamin), Sucralose, Mono- & Di-glycerides, Grape Skin Extract (color), Digestive Enzyme Blend (Bromelain, Papain), FD&C Red #40, FD&C Blue #1.
Contains milk, egg and soy ingredients.

Typical Amino Acid Profile (milligrams per 56 g serving****)			
Essential Amino Acids		Nonessential Amino Acids	
Histidine	434 mg	Alanine	1,000 mg
Isoleucine	1,300 mg	Arginine	2,098 mg
Leucine	2,287 mg	Aspartic Acid	2,187 mg
Lysine	1,907 mg	Cysteine	438 mg
Methionine	478 mg	Glutamic Acid	3,884 mg
Phenylalanine	752 mg	Glycine	402 mg
Threonine	1,368 mg	Proline	1,452 mg
Tryptophan***	363 mg	Serine	1,089 mg
Valine	1,249 mg	Tyrosine	658 mg

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

WARNING: If you are pregnant, nursing, 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. 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.

MET-Rx®
Shaping Every Body.

Manufactured in the USA by
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

