

POST-  
WORKOUT

FOR MAXIMUM RESULTS, MIX ONE (1) SCOOP OF POWDER TO 4-8 OUNCES OF COLD WATER OR MILK AND CONSUME IMMEDIATELY AFTER EXERCISE.

### MET-Rx® BCAA 5000

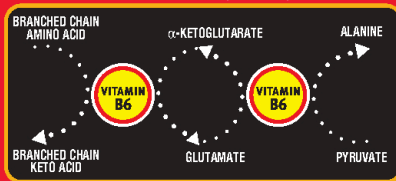
MET-Rx® BCAA 5000 SUPPLIES A PRECISE, CLINICALLY STUDIED RATIO OF LEUCINE, VALINE AND ISOLEUCINE (45/30/25). BRANCHED CHAIN AMINO ACIDS MAY BE THE MOST IMPORTANT AMINOS FOR EXERCISE AND RECOVERY AS THEY WORK DIRECTLY WITHIN MUSCLE TO REGULATE PROTEIN SYNTHESIS AT THE GENETIC LEVEL.\* BCAAS CAN ALSO INCREASE NITROGEN RETENTION AND CAN BE USED AS AN ENERGY SOURCE TO FUEL EXERCISE.\*

#### Massive MET-Rx® BCAA 5000 Benefits:

- Provides dual benefits since BCAAs can be used to build protein or broken down in muscle to supply a direct source of energy.\*
- BCAAs provide muscle nitrogen support for a variety of metabolic functions, which can be especially important during heavy training.\*

Taken before and after exercise or competition, MET-Rx® BCAA 5000 will give you a jump-start on recovery so you can unleash your genetic potential and come back better than ever.\*

Enhanced with high-potency Vitamin B-6, which plays an essential role in BCAA metabolism for optimal usage.\*



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.

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®

# BCAA 5000

EXERCISE  
RECOVERY\*

» **CLINICALLY STUDIED BCAA RATIO**

2.25G L-LEUCINE, 1.5G L-VALINE, 1.25G L-ISOLEUCINE

» **HELPS BUILD PROTEIN\***

» **WITH HIGH-POTENCY VITAMIN B-6**

**WATERMELON**  
Naturally Flavored

DIETARY SUPPLEMENT POWDER  
NET WT. 0.66 LB. (10.58 OZ.) (300 g)

**Directions:** Add one (1) scoop of powder to 6-8 ounces of cold water or milk immediately after exercise. Take 2 servings per day. As a reminder, discuss the supplements and medications you take with your health care providers.

## Supplement Facts

Serving Size 1 Scoop (6.5 g)  
Servings Per Container about 46

Amount Per Serving	%Daily Value	
Calories	20	
Vitamin B-6 (as Pyridoxine Hydrochloride)	15 mg	777%
L-Leucine	2,250 mg (2.25 g)	**
L-Valine	1,500 mg (1.5 g)	**
L-Isoleucine	1,250 mg (1.25 g)	**

\*\*Daily Value not established.

**Other Ingredients:** Natural Flavors, Citric Acid, Acesulfame Potassium, Sucralose, Silica, FD&C Red No. 40, FD&C Blue No. 1.

\*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 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](http://www.MET-Rx.com)

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