

PRE & POST WORKOUT

FOR MAXIMUM MUSCLE SUPPORT, CONSUME 1-2
SCOOPS IMMEDIATELY AFTER EXERCISE.*

MET-Rx® ULTRAMYOSYN® WHEY ISOLATE

MET-Rx® ULTRAMYOSYN® WHEY ISOLATE IS AN ULTRA PREMIUM PROTEIN DESIGNED TO PROVIDE MAXIMUM SUPPORT FOR LEAN MASS, STRENGTH AND EXERCISE RECOVERY.* ULTRAMYOSYN® WHEY ISOLATE CONTAINS PROTEIN THAT IS PROCESSED USING MICROFILTRATION TO ENSURE AN ISOLATED WHEY THAT CONTAINS A MINIMUM OF 90% PROTEIN WITH MINIMAL LACTOSE AND FAT. THESE ISOLATION PROCESSES SEPARATE THE VALUABLE PROTEIN FROM NON-PROTEIN MATERIALS YIELDING A HIGHLY-PURIFIED WHEY ISOLATE.

MET-Rx® ULTRAMYOSYN® WHEY ISOLATE PROVIDES ALL OF THE BENEFITS WHEY PROTEIN IS KNOWN FOR AND MORE, BY CAREFULLY REMOVING THE FAT AND LACTOSE THAT YOU DON'T NEED WHILE INCREASING THE PERCENTAGE OF AMINOS AS COMPARED TO REGULAR WHEY CONCENTRATE.

What makes MET-Rx® Ultramysyn® Whey Isolate worth it:

- 25g Pure Whey Isolate with just two grams of carbohydrates.
- Pro-Defense Blend for Recovery from Intense Training*
- Over 5 grams of BCAAs from Protein.
- 98% Lactose Free
- Enhanced with additional free-form amino acids to work synergistically with Whey Isolate's high concentration of aminos to support recovery.*
- State-of-the-art manufacturing processes are used to retain the active Whey Protein Peptides and Microfractions including Beta-lactoglobulin, Alpha-lactalbumin, Lactoferrin and more --

some other whey isolate processing methods remove Glycomacropolymers, which are an important protein component.

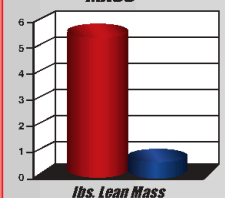
- Delivers a high quality Whey Isolate protein with a higher amino acid profile gram for gram than ordinary Whey Concentrate.
- Each serving contains over 5 g of the following Branched Chain Amino Acids from protein:

Which typically provides:

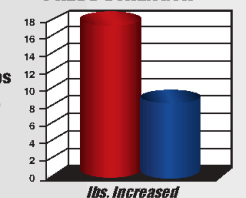
- Isoleucine 1.5 g
- Leucine 2.5 g
- Valine 1.3 g

Whey Protein Combined with a Small Amount of Carbs Provides Greater Support for Muscle and Strength Compared to Carbs-Only When Taken During a Six Week Training program.

IMPROVEMENTS IN LEAN MASS



IMPROVEMENTS IN BENCH PRESS STRENGTH



Untrained subjects consumed 1.2 grams of protein powder per kg of body weight each day, divided into 3 servings -- 1 before training, 1 after training and 1 before bed. Each serving contained approximately 7 - 10 grams of carbohydrates, which can be obtained from a few ounces of juice.

Cardow, D. et al. International Journal of Sport Nutrition and Exercise Metabolism 2006, 16(3), 233-244.

MET-Rx®

ULTRAMYOSYN® WHEY ISOLATE



CHOCOLATE
Naturally & Artificially Flavored

LEAN MASS &
STRENGTH*

» **30G OF PROTEIN FEATURING PURE
WHEY PROTEIN ISOLATE**

» **OUR FORMULA CONTAINS OVER 5G OF
BCAAs FROM PROTEIN PLUS A PRO-DEFENSE
BLEND TO HELP SUPPORT MUSCLE RECOVERY
FROM INTENSE TRAINING***

» **MICROFILTERED FOR FASTER ABSORPTION AND DELIVERY**

» **ONLY 130 CALORIES AND 2G CARBS PER SERVING,
25 SERVINGS PER CONTAINER.**

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.
PROTEIN POWDER / NET WT. 2 LB. (32 OZ.) (907g)

Nutrition Facts

Serving Size 1 Scoop (36g)
Servings Per Container about 25

Amount Per Serving

Calories 130 Calories from Fat 10

%Daily Value**

Total Fat 1g 2%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 15mg 6%

Sodium 110mg 5%

Potassium 200mg 6%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars <1g

Protein 30g 60%

Vitamin A 0% • Vitamin C 0%

Calcium 8% • Iron 2%

Phosphorus 8% • Magnesium 2%

Copper 2%

**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 35g 35g

Protein 60g 65g

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

Ingredients: Whey Protein Isolate, Pro-Defense Blend (L-Glutamine, L-Taurine, L-Arginine, L-Alanine, L-Lysine, L-Leucine, Isoleucine, Valine), Cocoa (processed with Alkali), Natural and Artificial Flavors, Cellulose Gum, Soy Lecithin, Xanthan Gum, Acesulfame Potassium, Carrageenan, Sucralose.

Contains milk, soy and wheat ingredients.

Typical Amino Acid Profile (milligrams per 36 g scoop****)

Essential Amino Acids	Nonessential Amino Acids
Histidine 385 mg	Alanine 1,169 mg
Isoleucine 1,563 mg	Arginine 517 mg
Leucine 2,515 mg	Aspartic Acid 2,508 mg
Lysine 1,968 mg	Cysteine 576 mg
Methionine 493 mg	Glutamic Acid 4,256 mg
Phenylalanine 709 mg	Glycine 399 mg
Threonine 1,197 mg	Proline 1,587 mg
Tryptophan*** 426 mg	Serine 1,058 mg
Valine 1,391 mg	Tyrosine 671 mg

***Tryptophan is naturally occurring, not added.

****approximate values

Directions: For adults, take one (1) scoop (36 g), one to two times daily. Serious athletes should consume 1-2 scoops twice per day for maximum muscle support, with at least 1-2 scoops taken immediately after exercise.

Blender - Simple

Add one scoop of MET-Rx® Ultramysyn® Whey Isolate to blender filled with 6-8 ounces of your favorite beverage. Cover and blend for 20-30 seconds. For a delicious smoothie, add peanut butter, fruit, or yogurt along with ice cubes.^^

Shaker - Simpler

Fill a shaker bottle with 6-8 ounces of your favorite beverage. Add one scoop of MET-Rx® Ultramysyn® Whey Isolate. Cover and shake for 25-30 seconds.

Glass & Spoon - Simplest

Add one scoop of MET-Rx® Ultramysyn® Whey Isolate to 6-8 ounces of your favorite beverage. Stir for 20-30 seconds or until completely blended.

^^For Mass Gaining: add higher calorie foods such as peanut butter, 1-2% milk, and fruit juices.
For Dieters: add lower calorie foods such as skim milk, blueberries and raspberries, or just use water.

Please note: Crystalline Taurine will appear as small crystals within the powder.

Contents are sold by weight. Some settling may occur.

MET-Rx® Ultramysyn® Whey Isolate is aspartame free.

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.

To support mass, consume approximately 1 gram of protein per pound of body weight from all dietary sources per day.*

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

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 33467

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Questions? Call toll free

1-800-55-MET-Rx
To learn more, please go to
www.MET-Rx.com

