





## Complete Protein Blend to Help Build Lean Muscle\*

## Original Vanilla Naturally and Artificially Flavored

- 3g L-Glutamine
- Over 6g BCAAs from protein
- Low Fat
- Aspartame Free!

## Protein Powder

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

18 - 2.54 oz. (72 g) PACKETS - NET WT. 45.7 oz. (2.85 LB.) 1.29 kg

Directions: For adults, add one (1) nacket to 16-20 fl. ounces of cold water or milk and mix thoroughly in a shake or blender. Increase or decrease the amount of liquid to achieve desired consistency. Drink two shakes per day fo

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 or just use water.

#### Use MET-Rx® Meal Replacement any time of the day including:

Immediately After Exercise: Makes an excellent post-workout shake by providing proteins for muscle support plus slow digesting proteins for extended amino acid delivery and

overall protein quality and content. You can also mix into natmeal or add to recipes such as pancake and waffle mixes.

In Between Meals: Keens levels of amino acids elevated your body doesn't go into a catabolic state that may otherwis

Refore Red: The high content of slow-directing proteins i MET-Rx® Meal Replacement makes it a perfect before-be

Essential Amino Acids		Nonessential Amino Acids		
Histidine Isoleucine Leucine Lysine Methionine Phenylalanine Threonine Tryptophan***** Valine	1,010 mg 1,687 mg 3,159 mg 2,704 mg 951 mg 1,668 mg 1,505 mg 381 mg 2,141 mg	Glycine	1,115 mg 1,250 mg 2,455 mg 216 mg 7,056 mg 634 mg 3,366 mg 1,868 mg 1,804 mg	

## **Nutrition Facts**

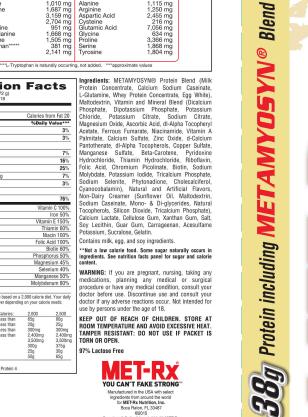
Calories 250	Galories from F
	%Daily Valu
Total Fat 2g	
Saturated Fat 0.5g	
Trans Fat Og	
Cholesterol 20mg	
Sodium 390mg	
Potassium 890mg	
Total Carbohydrate 20g	
Dietary Fiber <1g	
Sugars 2g	
Protein 38g	
Vitamin A 90%	Vitamin C 1
Calcium 100%	Iron
Vitamin D 60%	Vitamin E 1
Vitamin K 50%	Thiamin
Riboflavin 60%	Niacin 1
Vitamin B-6 60%	Folic Acid 1
Vitamin B-12 50%	Biotin
Pantothenic Acid 40%	Phosphorus
Iodine 40%	Magnesium
7inc 45%	Selenium

Copper 40% Chromium 45%

	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	2,400m
Potassium		3,500mg	3,500m
Total Carbohydrate Dietary Fiber		300g 25g	375g 30g
Protein		50g	65g

ngredients from around the world for MET-Rx Nutrition, Inc.

Questions? Call toll free 1-800-55-MET-Rx





# Replacement Help Build Lean Meal **Protein Blend**

**Complete** I

Vanilla

Original

Powder

**Protein** NOTICE: Use to supplement or

**a** (72

- NET WT. **PACKETS** 2.54

29

÷

.85 LB.)

2

45.7

#### MET-Rx® "Original" Meal Replacement

MET-Rx® "Original" Meal Replacement revolutionized meal replacement powders with the METAMYOSYN® Protein Blend. We've upgraded the original formula to take out everything you didn't want while keeping in the exclusive METAMYOSYN® protein blend. METAMYOSYN® combines slow-acting casein with milk protein, which is a natural source of whey and casein. The result is a highly bioavailable fuel that helps build lean muscle mass and strength.

- Free of hydrogenated oils, which means 0g trans-fats.
- The exclusive METAMYOSYN® protein blend to help build lean
- Low fat to support a lean, healthy body.
- 20 grams of carbohydrates to support muscle glycogen needs as well as energy levels at rest and during exercise."
- 25 Essential Vitamins & Minerals, with 100% DV Calcium to support your body's nutritional needs.
- Aspartame Free
- No added sugar\*\*
- Gluten Free

MET-Rx® Meal Replacement Powder is the foundational supplement for all athletes looking to improve their overall health and physique. It is a great-tasting way to make sure you are getting the balanced nutrition you need to reach your fitness goals.\* Plus, our convenient packets mean you can take them whenever and wherever your athletic lifestyle takes

Balanced nutrition is important to anyone looking to create a lean. healthy body. One packet provides an excellent source of important vitamins and minerals with a proper balance of carbohydrates, proteins and fats, plus electrolytes. This combination helps keep you on track in and out of the gym.

Why take chances with your meal replacement - trust the unique METAMYOSYN® protein blend.

## THE SECRET IS THE SOURCE OF PROTEIN!

METAMYOSYN® protein is a superior quality blend, which combines premium casein with milk proteins, plus L-Glutamine and naturally occurring Branched Chain Amino Acids from protein - Isoleucine. Leucine and Valine. The precise combination of proteins in METAMYOSYN® provides your body with a highly bioavailable fuel to meet vour nutritional needs.

Casein is a slow-acting protein, which results in a more prolonged absorption rate to extend the delivery of amino acids to muscles. Milk protein naturally contains both whey and casein - to provide slow and fast-digesting properties.

## MET-Rx® METAMYOSYN®. Trust the Original!

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



