

**TROPICAL PUNCH**  
NATURALLY & ARTIFICIALLY FLAVORED

**MET-Rx**

MET-Rx ISO-30 is a high quality, carb-controlled water-based protein drink. It is packed with 30g of 100% Premium & Ultrafiltered Whey Protein Isolate to give you a quick, easy and delicious protein option.

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

30g Whey Protein Isolate:

- Supports Lean Muscle Mass & Strength\*
- Supports Protein Synthesis\*
- Naturally Occurring BCAAs and other essential amino acids from protein
- Ultrafiltered to reduce Lactose, Carbs and impurities

**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.

◊Not a reduced calorie food

**KEEP OUT OF REACH OF CHILDREN. STORE UNOPENED CONTAINER AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT. DO NOT USE IF CAP IS BROKEN.**

**REFRIGERATE AFTER OPENING**

**SHAKE WELL BEFORE USE**

Manufactured in the USA for 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)

**MET-Rx**  
YOU CAN'T FAKE STRONG®

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**POST-WORKOUT**  
FREE OF ARTIFICIAL COLOR

**ISO-30**

**Zero Sugar<sup>◊</sup>**  
**30G PREMIUM**  
**WHEY ISOLATE**

**Water-Based Protein Drink**  
**16.9 FL. OZ. (500 mL)**

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

**POST-WORKOUT**  
FREE OF ARTIFICIAL COLOR

**DIRECTIONS:** For adults, drink one (1) bottle immediately after your workout, or any time throughout the day to increase your daily protein intake.

## Nutrition Facts

Serving Size 1 Bottle (16.9 fl. oz.) (500 mL)

| Amount Per Serving    |  | Calories from Fat 10 |
|-----------------------|--|----------------------|
| Calories 140          |  | %Daily Value*        |
| Total Fat 1g          |  | 2%                   |
| Saturated Fat 0g      |  | 0%                   |
| Trans Fat 0g          |  |                      |
| Cholesterol 0mg       |  | 0%                   |
| Sodium 120mg          |  | 5%                   |
| Potassium 240mg       |  | 7%                   |
| Total Carbohydrate 1g |  | <1%                  |
| Dietary Fiber 0g      |  | 0%                   |
| Sugars 0g             |  |                      |
| Protein 30g           |  | 60%                  |
| Vitamin A 0%          |  | Vitamin C 0%         |
| Calcium 15%           |  | Iron 0%              |

\*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:** Water, Whey Protein Isolate, Phosphoric Acid, Citric Acid, Natural and Artificial Flavors, Sucralose, Potassium Sorbate (preservative), Acesulfame Potassium.

Contains milk ingredients.

**CA CASH REFUND ME 5¢**