Pre & Post Workout

For best results and maximum muscle support, take one (1) scoop one to two times daily, especially after exercise.*

MET-Rx® Natural Whey Protein

MET-Rx® Natural Whey Protein utilizes state-of-the-art manufacturing techniques to deliver a cutting-edge protein blend that is both wholesome and scientifically advanced. With absolutely no preservatives, artificial flavors or colors- Natural Whey Protein should be your first choice for high quality protein.

What makes MET-Rx® Natural Whey Protein worth it:

- MET-Rx® Natural Whey Protein provides gold standard Whey Protein, which undergoes filtration processes to reduce total lactose and carbohydrates while concentrating the natural proteins.
- Naturally contains active Whey Protein Peptides and Microfractions including: Beta-lactoglobulin, Alpha-lactalbumin, Glycomacropeptides, Lactoferrin, and other bio-active components.
- Instantized Whey Proteins for easy mixing and complete dispersion in liquid.
- Quick absorbing Whey Protein Blend to speed amino acid delivery to muscles immediately after workouts, to help stimulate muscle protein synthesis.*
- Contains naturally occurring Branched Chain Amino Acids.

Each serving contains approximately 5 g of the following Branched Chain Amino Acids from protein:

Which typically provides:

Isoleucine	1.5 g
Leucine	2.3 g
Valine	1.3 g

Whey is the preferred protein source in sports and bodybuilding nutrition because it provides a superior source of Branched Chain Amino Acids – made up of Leucine, Isoleucine and Valine – which are important for the maintenance of muscle tissue.* Unlike some other incomplete protein sources, MET-Rx® Natural Whey Protein contains all of the essential amino acids required for supporting lean muscle.*

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

MET-Rx® Natural Whey Protein contains no aspartame.

Blender – Simple

Add one scoop of MET-Rx® Natural Whey Protein 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® Natural Whey Protein. Cover and shake for 25-30 seconds.

Glass & Spoon – Simplest

Add one scoop of MET-Rx® Natural Whey Protein 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.

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

Contents are sold by weight. Some settling may occur.

MET-RX®

VANILLA
Natural Flavors

NATURAL
WHEY PROTEIN

PROTEIN POWDER
DIETARY SUPPLEMENT
Net Wt. 5 lb. (80 oz.) (2.26 kg)

23G PROTEIN	**Features Premium Whey**
⊕	**Fuels Muscle Recovery & Strength***
⊘	**No Preservatives, Artificial Flavors or Colors**

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

Supplement Facts

Serving Size 1 Scoop (33 g)
Servings Per Container about 68

Amount Per Serving		%Daily Value
Calories	130	
Calories from Fat	15	
Total Fat	1.5 g	2%**
Saturated Fat	1 g	5%**
Trans Fat	0 g	***
Cholesterol	45 mg	15%
Total Carbohydrate	6 g	2%**
Sugars	6 g	***
Protein	23 g	45%**
Calcium	107 mg	11%
Phosphorus	86 mg	9%
Magnesium	19 mg	5%
Sodium	55 mg	2%
Potassium	115 mg	3%
Stevia Extract *(Stevia rebaudiana)* (leaf)	70 mg	***

**Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

Ingredients: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Fructose, Natural Flavors, Soy Lecithin, Stevia Extract.

Contains milk and soy ingredients.

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.

*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.

Directions: For adults, take one (1) scoop (33 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. As a reminder, discuss the supplements and medications you take with your health care providers.

KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE PRODUCT IF SEAL UNDER CAP IS BROKEN OR MISSING.

TYPICAL AMINO ACID PROFILE

(milligrams per 33 g scoop*****)

Essential Amino Acids		Nonessential Amino Acids	
Histidine	416 mg	Alanine	1,113 mg
Isoleucine	1,517 mg	Arginine	519 mg
Leucine	2,307 mg	Aspartic Acid	2,420 mg
Lysine	1,973 mg	Cysteine	504 mg
Methionine	470 mg	Glutamic Acid	3,767 mg
Phenylalanine	679 mg	Glycine	393 mg
Threonine	1,668 mg	Proline	1,506 mg
Tryptophan****	419 mg	Serine	1,017 mg
Valine	1,362 mg	Tyrosine	649 mg

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

MET-RX®

Manufactured in the USA with select ingredients from around the world for **MET-Rx Nutrition, Inc.**
Boca Raton, FL 33487
©2016 Questions? Call toll free **1-800-55-MET-Rx**
To learn more, please go to **www.MET-Rx.com**

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