NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK |

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 - MET-Rx® 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	1.4 g
· Leucine	2.2 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®
SPORTS NUTRITION

MET-RX®

CHOCOLATE
Natural Flavors

NATURAL
WHEY PROTEIN

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.

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

Supplement Facts

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

Amount Per Serving		%Daily Value
Calories	130	
Calories from Fat	20	
Total Fat	2 g	3%**
Saturated Fat	1 g	5%**
***Trans* Fat**	0 g	***
Cholesterol	50 mg	17%
Total Carbohydrate	6 g	2%**
Dietary Fiber	<1 g	3%**
Sugars	4 g	***
Protein	23 g	45%**
Calcium	110 mg	11%
Iron	0.9 mg	5%
Phosphorus	105 mg	11%
Magnesium	29 mg	7%
Sodium	50 mg	2%
Potassium	160 mg	5%
Stevia Extract *(Stevia rebaudiana)* (leaf)	170 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), Cocoa, 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	412 mg	Alanine	1,128 mg
Isoleucine	1,496 mg	Arginine	554 mg
Leucine	2,269 mg	Aspartic Acid	2,399 mg
Lysine	1,955 mg	Cysteine	491 mg
Methionine	467 mg	Glutamic Acid	3,730 mg
Phenylalanine	693 mg	Glycine	415 mg
Threonine	1,643 mg	Proline	1,469 mg
Tryptophan****	418 mg	Serine	1,004 mg
Valine	1,366 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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