

The food you put into your body can have a big impact on how you look, feel and work out. MET-Rx® Protein Plus was invented to give you the competitive advantage — especially when it comes to quality protein! Each high-protein serving provides better than a 5:1 ratio of protein to carbs to help meet your nutritional goals. Best of all, MET-Rx® Protein Plus contains no added sugar¹, corn syrup solids, mono- or diglycerides and is free of aspartame and hydrogenated oils — which means 0 grams trans-fats!

1. Not a low calorie food. Some sugar naturally occurs in ingredients. See supplement facts panel for sugar and calorie content.

The Secret is in the Protein Source!

The renowned MET-Rx® protein formulation consists of METAMYOSYN®, which combines premium whey protein isolates and casein proteins, plus L-Glutamine and naturally occurring Branched Chain Amino Acids from protein — Isoleucine, Leucine and Valine. Whey is a fast-acting protein while casein is slow-acting, which results in a more prolonged absorption rate to extend the delivery of amino acids to muscles.* Milk protein is a natural source of whey and casein. MET-Rx® Protein Plus gives you a firm nutritional basis to help build lean muscle in a low-fat, great tasting formula.*

97% Lactose Free

Use MET-Rx® Protein Plus any time of the day including:

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

With Meals: Drink along with your meal to increase the overall protein quality and content. You can also mix into oatmeal or add to recipes such as pancake and waffle mixes.

In Between Meals: Keeps levels of amino acids elevated so your body doesn't go into a catabolic state that may otherwise lead to muscle loss.*

Before Bed: The high content of slow-digesting proteins in MET-Rx® Protein Plus makes it a perfect before-bed supplement as it provides "time-released" amino acid delivery to your body.

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.

Perfect anytime, anywhere, MET-Rx® Protein Plus is your power protein source!

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.

*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.



MET-RX

CHOCOLATE
Naturally and Artificially Flavored

METAMYOSYN® PROTEIN PLUS

21G
PROTEIN



PROTEIN
SUPPLEMENT POWDER
Net Wt. 2 lb. (32 oz.) (907 g)

Features Premium Whey
Isolate & Casein

Fuels Muscle Recovery
& Strength*

Low Fat, Gluten Free &
Aspartame Free

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

Supplement Facts

Serving Size	1 Scoop (31g)	2 Scoops (62g)		
Servings Per Container	about 29	about 15		
Amount Per Serving	%Daily Value		%Daily Value	
Calories	110	220		
Calories from Fat	5	15		
Total Fat	1 g	2%**	1.5 g	2%**
Saturated Fat	0.5 g	3%**	1 g	5%**
Trans Fat	0 g	***	0 g	***
Cholesterol	10 mg	3%	20 mg	7%
Total Carbohydrate	4 g	1%**	7 g	2%**
Dietary Fiber	<1 g	3%**	1 g	4%**
Sugars	1 g	***	3 g	***
Protein	21 g	42%**	43 g	86%**
Calcium	378 mg	38%	757 mg	76%
Iron	0.65 mg	4%	1.3 mg	7%
Phosphorus	250 mg	25%	500 mg	50%
Magnesium	18 mg	5%	36 mg	9%
Chromium	2.6 mcg	2%	5 mcg	4%
Sodium	75 mg	3%	150 mg	6%
Potassium	180 mg	5%	360 mg	10%
L-Glutamine	1.5 g	***	3 g	***

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

Ingredients: Metamyosyn® Protein Blend (Milk Protein Concentrate, Calcium Sodium Caseinate, Whey Protein Isolate, L-Glutamine, Egg White), Natural and Artificial Flavors, Cocoa (processed with alkali), Cellulose Gum, Acesulfame Potassium, Xanthan Gum, Soy Lecithin, Sucralose, Guar Gum.

Contains milk, egg 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.

Directions: Add one to two (1-2) scoops of powder with 6-16 ounces of cold water or milk and mix thoroughly in a blender. Increase or decrease the amount of liquid to achieve desired consistency. Drink 1-2 servings per day. As a reminder, discuss the supplements and medications you take with your health care providers.

TYPICAL AMINO ACID PROFILE

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

Essential Amino Acids	Nonessential Amino Acids
Histidine 668 mg	Alanine 734 mg
Isoleucine 1,099 mg	Arginine 746 mg
Leucine 1,969 mg	Aspartic Acid 1,688 mg
Lysine 1,627 mg	Cysteine 221 mg
Methionine 545 mg	Glutamic Acid 5,667 mg
Phenylalanine 935 mg	Glycine 379 mg
Threonine 1,055 mg	Proline 1,913 mg
Tryptophan**** 298 mg	Serine 1,113 mg
Valine 1,291 mg	Tyrosine 965 mg

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



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 1-800-65-MET-Rx To learn more, please go to www.MET-Rx.com

