NEW LOOK | NEW LOOK | NEW LOOK | NEW LOOK

Post-Workout

For maximum muscle support, consume 1 - 2 scoops immediately after exercise.*

MET-Rx® Ultramyosyn® Whey

MET-Rx® Ultramyosyn® Whey, great-tasting premium whey that delivers a powerful blend of high quality protein and the perfect combination of Branched Chain Amino Acids from protein that bodybuilders and athletes demand.

Consistent intake of MET-Rx® Ultramyosyn® Whey, combined with an intense weight-training program, can support muscle and peak conditioning.*

What makes MET-Rx® Ultramyosyn® Whey worth it:

- MET-Rx® Ultramyosyn® Whey provides cross-flow, Ultrafiltered Whey Protein Concentrate.
- Precise laboratory techniques are utilized to retain the 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 support muscle protein synthesis.*
- Contains naturally occurring Branched Chain Amino Acids.

Each serving contains over 4 g of the following Branched Chain Amino Acids from protein:

Which typically provides:

- Isoleucine 1.3 g
- Leucine 2.2 g
- Valine 1.1 g

Whey is the preferred protein source in sports and bodybuilding nutrition because it provides a high concentration 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® Ultramyosyn® Whey contains all of the essential amino acids required for supporting lean muscle.*

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

MET-Rx® Ultramyosyn® Whey contains no aspartame.

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

Blender – Simple

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

Glass & Spoon – Simplest

Add one scoop of MET-Rx® Ultramyosyn® Whey 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.

MET-Rx SPORTS NUTRITION

MET-RX®

STRAWBERRY

Natural and Artificial Flavors

ULTRAMYOSYN®

WHEY PROTEIN

PROTEIN POWDER

Net Wt. 5 lb. (80 oz.) (2.26 kg)

22G PROTEIN	Features Premium Whey Protein
	Fuels Muscle Recovery & Strength*
	Instantized for Easy Mixing

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

Nutrition Facts

Serving Size 1 Scoop (30 g)
Servings Per Container about 75

Amount Per Serving	
Calories 120	Calories from Fat 20
	%Daily Value**
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 55mg	2%
Potassium 150mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 22g	43%
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: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Natural and Artificial Flavors, Cellulose Gum, Soy Lecithin, Maltodextrin, Xanthan Gum, Beet Powder (Color), Dicalcium Phosphate, Calcium Carbonate, Acesulfame Potassium, Citric Acid, Malic Acid, Sucralose.

Contains milk and soy ingredients.

Contents are sold by weight. Some settling may occur.

Partially Produced with Genetic Engineering

Directions: For adults, take one (1) scoop (30g), 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.

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 DAMAGED OR MISSING.

TYPICAL AMINO ACID PROFILE

(milligrams per 30 g scoop****)

Essential Amino Acids		Nonessential Amino Acids	
Histidine	398 mg	Alanine	1,065 mg
Isoleucine	1,344 mg	Arginine	540 mg
Leucine	2,269 mg	Aspartic Acid	2,415 mg
Lysine	1,945 mg	Cysteine	520 mg
Methionine	459 mg	Glutamic Acid	3,309 mg
Phenylalanine	659 mg	Glycine	410 mg
Threonine	1,623 mg	Proline	1,333 mg
Tryptophan***	300 mg	Serine	1,124 mg
Valine	1,178 mg	Tyrosine	617 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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