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

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 1.28 a

2.30 c Leucine

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.

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 vogurt along with ice cubes. ^^

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.

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.



ULTRAMYOSYN® **WHEY PROTEIN**

PROTEIN POWDER Net Wt. 5 lb. (80 oz.) (2.26 kg) 22G Features Premium **Whey Protein**







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

Nutrition Facts

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

Amount Per Serving			
Calories 130			Calories from Fat 25
			%Daily Value**
Total Fat 3g			5%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 60mg			20%
Sodium 180mg			8%
Potassium 280mg			8%
Total Carbohydrate 5g			2%
Dietary Fiber 1g			4%
Sugars 2g			
Protein 22g			44%
Vitamin A 0%			Vitamin C 0%
Calcium 15%			Iron 6%
**Percent Daily Values are based on a depending on your calorie needs:	2,000 calorie d	iet. Your daily v	ralues may be higher or lower
ueperiority on your calone needs:	Calories:	2,000	2,500

depending on your calorie nee	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	65q

Calories per gram: Fat 9 . Carbohydrate 4 . Protein

Ingredients: Ultramyosyn® Protein Blend (Ultrafiltered Whey Protein Concentrate Microfiltered Whey Protein Isolate), Cocoa (processed with alkali), Natural and Artificial Flavors, Soy Lecithin, Cellulose Gum, Salt, Xanthan Gum, Dicalcium Phosphate, Calcium Carbonate, Acesulfame Potassium, Sucralose

Contains milk and soy ingredients. Contents are sold by weight. Some settling may occur.

Partially Produced with Genetic Engineering

s: For adults, take one (1) scoop (33g), 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 immediate ly after exercise.

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

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 33 g scoop****)							
Essential Amino Acids		Nonessential Amino Acids					
476 ma	Alanine	978	mg				
1,286 mg	Arginine	666	mg				
2,302 mg	Aspartic Acid	2,466	mg				
1,926 mg	Cysteine	464	mg				
467 mg	Glutamic Acid	3,180	mg				
729 mg	Glycine	425	mg				
1,670 mg	Proline	1,276	mg				
362 mg	Serine	1,247	mg				
1,238 mg	Tyrosine	664	mg				
	(milligrams per ino Acids 476 mg 1,286 mg 2,302 mg 1,926 mg 467 mg 729 mg 1,670 mg 362 mg	(milligrams per 33 g scoop****) ino Acids 476 mg 1,286 mg 1,286 mg Aspartic Acid 1,926 mg Glyctine 467 mg Glyctine 1,670 mg Proline 362 mg Serine	(milligrams per 33 g scoop***)				

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

