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.**

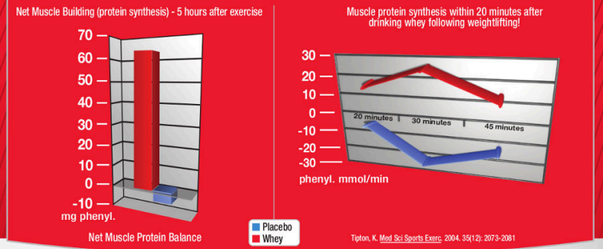
What makes MET-Rx® Ultramyosyn™ Whey worth it:

- 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 1.25 g
  - Leucine 2.24 g
  - Valine 1.20 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.*



Tipton, K. Med Sci Sports Exerc. 2004. 35(12): 2073-2081

MET-Rx®

LEAN MASS & STRENGTH*

100% ULTRAMYOSYN™

WHEY

CHOCOLATE

Natural and Artificial Flavors

» **22G** *PROTEIN WITH HIGH-QUALITY, FAST ACTING WHEY◊*

» **OVER 4G** *OF BCAAs FROM PROTEIN*

» *INSTANTIZED FOR EASY MIXING*

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

PROTEIN POWDER / NET WT. 5 LB. (80 OZ.) (2.26 kg)

◊22g protein comprised primarily of whey along with trace amounts of protein which naturally occur within other ingredients.

Nutrition Facts

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

Amount Per Serving	
Calories 120	Calories from Fat 25
	%Daily Value**
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 180mg	8%
Potassium 280mg	8%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 22g	44%
Vitamin A 0% •	Vitamin C 0%
Calcium 15% •	Iron 4%

**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: Ultramyosyn™ Protein Blend (Ultrafiltered Whey Protein Concentrate, [which contains Beta-lactoglobulin, Alpha-lactalbumin and Glycomacropeptides], Microfiltered Whey Protein Isolate), Cocoa (processed with alkali), Natural and Artificial Flavors, Cellulose Gum, Salt, Soy Lecithin, Xanthan Gum, Dicalcium Phosphate, Calcium Carbonate, Acesulfame Potassium, Sucralose.

Contains milk and soy ingredients.

Typical Amino Acid Profile (milligrams per 33 g scoop**)**

Essential Amino Acids		Nonessential Amino Acids	
Histidine	464 mg	Alanine	954 mg
Isoleucine	1,255 mg	Arginine	648 mg
Leucine	2,247 mg	Aspartic Acid	2,406 mg
Lysine	1,880 mg	Cysteine	451 mg
Methionine	456 mg	Glutamic Acid	3,102 mg
Phenylalanine	709 mg	Glycine	413 mg
Threonine	1,631 mg	Proline	1,245 mg
Tryptophan***	353 mg	Serine	1,216 mg
Valine	1,208 mg	Tyrosine	647 mg

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

Directions: 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 immediately after exercise.

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.

Contents are sold by weight. Some settling may occur.

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.

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.

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.**

MET-Rx®

Manufactured in the USA with select ingredients from around the world for
MET-Rx Nutrition, Inc., Boca Raton, FL 33487

Questions? Call toll free **1-800-55-MET-Rx**
To learn more, please go to **www.MET-Rx.com**

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