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:

- 1.35 g Isoleucine
- 2.28 g
- 1.18 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.

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. ^^

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.

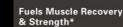


ULTRAMYOSYN® WHEY PROTEIN

PROTEIN POWDER

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

Features Premium Whey Protein





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 Por Corving

Calories 120		Calories from Fat 20		
			%Daily Value**	
Total Fat 2g			3%	
Saturated Fat 1g	5%			
Trans Fat 0g				
Cholesterol 60mg	lmg 20 %			
Sodium 55mg	2% 4%			
Potassium 150mg				
Total Carbohydrate 4g				
Dietary Fiber Og				
Sugars 2g				
Protein 22g			43%	
Vitamin A 0%			Vitamin C 0%	
Calcium 15% Iron (
**Percent Daily Values are based on	a 2,000 calorie di	iet. Your daily valu	es 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	
		25g	30g	
Dietary Fiber				

Ingredients: Ultramyosyn® Protein Blend (Ultrafiltered Whey Protein Concentrate [which contains Beta-lactoglobulin, Alpha-lactalbumin and Glycomacropeptides] Microfiltered Whey Protein Isolate), Natural and Artificial Flavors, Cellulose Gum, Soy Lecithin, 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

rections: 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.

Essential Amino Acids		Nonessential Amino Acids		
Histidine	400 mg	Alanine	1,070 mg	
Isoleucine	1,351 mg	Arginine	543 m	
Leucine	2,282 mg	Aspartic Acid	2,428 m	
Lysine	1,955 mg	Cysteine	523 mg	
Methionine	462 mg	Glutamic Acid	3,329 mg	
Phenylalanine	662 mg	Glycine	412 mg	
Threonine	1,632 mg	Proline	1,341 m	
Tryptophan***	302 mg	Serine	1,130 mg	
Valine	1,185 mg	Tyrosine	620 mg	
L-Tryptophan is na *approximate valu		not added.		



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-R

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

