SAME GREAT RTD... NEW LOOK!

## **RTD 51**

- Contains slow-digesting proteins for extended muscle support\*
- Loaded with BCAAs and other essential aminos from high-quality protein
- Excellent source of over 20 vitamins and minerals essential for protein metabolism and other metabolic functions\*
- Helps replenish energy\*
- Low in fat
- No aspartame

Directions For Adult Use: Drink one to two cans per day to support your daily high protein and calorie needs. muscle-building. support consume approximately 1 gram of protein per pound of body weight from all dietary sources per day.\* For best results, drink 1 can of RTD 51 immediately following your workout to help support muscle recovery.\*

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

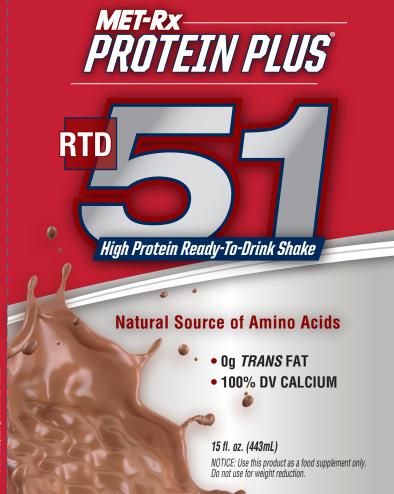
## KEEP OUT OF REACH OF CHILDREN.

Shake Gently . Serve Chilled Contents Under Pressure: Open Slowly to Reduce Potential Splashing.

Refrigerate after opening







## **Nutrition Facts**

Serving Size 1 Can

Amount Per Serving	
Calories 250	Calories from Fat 20
	%Daily Value**
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 150mg	6%
Potassium 430mg	12%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 51g	102%

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Vitamin A 30%	Vitamin C 50%
Calcium 100%	Iron 15%
Vitamin D 40%	Vitamin E 45%
Vitamin K 25%	Thiamin 70%
Riboflavin 50%	Niacin 45%
Vitamin B-6 50%	Folic Acid 45%
Vitamin B-12 60%	Biotin 35%
Pantothenic Acid 50%	Phosphorus 80%
lodine 25%	Magnesium 20%
Zinc 15%	Selenium 20%
Copper 20%	Manganese 40%
Chromium 25%	Molybdenum 25%

\*\*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: Water, Metarnyosyn® VPR Protein Blend (Milk Protein Concentrate, Whey Protein Concentrate, Calcium Caseinate), Cocoa (Processed with Alkaij), Cellulose Gel, Natural Flavors (Contains Caramel Color), Vitamin and Mineral Blend (Tricalcium Phosphate, Sodium Phosphate, Sodium Ascorbate, Sodium Citrate, dl-Alpha Tocophery) Acetate, Niacinamide, Vitamin A Palmitate, d-Calcium Pantothenate, Ferrous Sulfate, Phytonadione, Manganese Sulfate, Cholecalciferol, Zinc Oxide, Pyridoxine Hydrochloride, Thamin Hydrochloride, Riboflavin, Copper Sulfate, Cyanocobalamin, Folic Acid, Biotin, Chromium Chloride, Sodium Molybdate. Potassium Iodide. Sodium Selenite). Sucralose. Cellulose Gum. Acesulfame Potassium. Carrageenan.

Contains milk ingredients