

MET-Rx - 100% Natural Whey Vanilla - 2 lbs. (907 g)
Servings and ingredients may vary slightly with flavors

Supplement Facts		
Serving Size: 1 Scoop (33 g)		
Servings Per Container: about 27		
	Amount Per Serving	%DV***
Calories	130	
Calories from Fat	15	
Total Fat	1.5 g	2%***
Saturated Fat	0.5 g	4%***
Trans Fat	0 g	
Cholesterol	30 mg	9%
Total Carbohydrate	6 g	2%***
Sugars	5 g	****
Protein	23 g	45%***
Calcium	163 mg	16%
Iron	0.9 mg	5%
Phosphorus	90 mg	9%
Magnesium	21 mg	5%
Sodium	60 mg	2%
Potassium	90 mg	3%
Stevia Extract (<i>Stevia rebaudiana</i>)(leaf)	70 mg	****

*** Percent Daily Values are based on a 2,000 calorie diet.
**** Daily Value not established.

Other Ingredients: Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Fructose, Natural Flavors, Soy Lecithin, Stevia Extract.

Contains milk and soy ingredients.

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

Essential Amino Acids		Nonessential Amino Acids	
Histidine	441 mg	Alanine	1,113 mg
Isoleucine	1,453 mg	Arginine	509 mg
Leucine	2,438 mg	Aspartic Acid	2,461 mg
Lysine	1,984 mg	Cysteine	569 mg
Methionine	473 mg	Glutamic Acid	3,268 mg
Phenylalanine	729 mg	Glycine	395 mg
Threonine	1,556 mg	Proline	1,413 mg
Tryptophan*****	394 mg	Serine	1,095 mg
Valine	1,323 mg	Tyrosine	683 mg

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

Suggested Use

For adults, take one (1) scoop (33 g), 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. As a reminder, discuss the supplements and medications you take with your health care providers.

Blender - Simple

Add one scoop of MET-Rx Instantized 100% Natural Whey Powder 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 Instantized 100% Natural Whey Powder. Cover and shake for 25-30 seconds.

Glass & Spoon - Simplest

Add one scoop of MET-Rx Instantized 100% Natural Whey Powder. 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. To support muscle-building, consume approximately 1 gram of protein per pound of body weight from all dietary sources per day.

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

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

Warnings

If you are pregnant, nursing or taking any medications, 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.