

Product Description: Met-Rx Protein Plus has been reformulated to give you the competitive advantage – especially when it comes to quality protein!

Met-Rx Protein Plus contains 46g per serving of exclusive METAMYOSYN® protein blend, which combines premium whey protein isolates and casein proteins, plus L-Glutamine and naturally occurring Branched Chain Amino Acids - Isoleucine, Leucine and Valine.

Studies show that whey is a fast-acting protein while casein is slow-acting, which results in a more prolonged absorption rate to extend the delivery of amino acids to muscles.* Best of all, MET-Rx Protein Plus Protein Powder does not contain added sugar, corn syrup solids, mono- or diglycerides, and is now free of aspartame and hydrogenated oils – which means 0 trans fats!

Complete Protein Blend to Help Build Lean Muscle

- 5:1 Protein to Carbs ratio
- Over 4g BCAA's
- 0g Trans Fat
- Aspartame Free
- Gluten Free

Flavors: Chocolate, Vanilla, Berry Blast

MET-Rx - Protein Plus Powder Vanilla - 2 lb. (907 g)
Servings and ingredients may vary slightly with flavors

Supplement Facts				
Serving Size:	2 Scoops (57 g)		1 Scoop (28.5 g)	
Servings Per Container:	about 16		about 32	
Amount Per Serving	% Daily Value		% Daily Value	
Calories	200		100	
Calories from Fat	10		5	
Total Fat	0.5 g	2%**	<1 g	1%**
Cholesterol	10 mg	4%	5 mg	2%
Total Carbohydrate	3 g	1%**	2 g	1%**
Sugars	2 g	***	1 g	***
Protein	46 g	93%**	23 g	46%**

Calcium	859 mg	86%	429 mg	43%
Phosphorus	592 mg	59%	296 mg	30%
Magnesium	48 mg	12%	24 mg	6%
Sodium	140 mg	6%	70 mg	3%
Potassium	190 mg	6%	95 mg	3%
L-Glutamine	3 g	***	1.5 g	***

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

Other Ingredients: Metamyosyn Protein Blend (Milk Protein Concentrate, Calcium Sodium Caseinate, Whey Protein Isolate, L-Glutamine, Egg White), Natural and Artificial Flavors, Cellulose Gum, Xanthan Gum, Sucralose, Soy Lecithin, Acesulfame Potassium, Guar Gum.

Typical Amino Acid Profile (milligrams per 72 g serving****)			
Essential Amino Acids		Nonessential Amino Acids	
Histidine	742 mg	Alanine	749 mg
Isoleucine	1,103 mg	Arginine	730 mg
Leucine	2,034 mg	Aspartic Acid	1,642 mg
Lysine	1,678 mg	Cysteine	193 mg
Methionine	564 mg	Glutamic Acid	4,286 mg
Phenylalanine	924 mg	Glycine	379 mg
Threonine	1,045 mg	Proline	1,991 mg
Tryptophan*****	318 mg	Serine	1,130 mg
Valine	1,299 mg	Tyrosine	1,021 mg

***** L-Trvptophan is naturally occurring. not added.

**** approximate values

Suggested Use

Directions: Add one to two (1-2) scoops of powder with 6-16 ounces of cold water or milk and mix thoroughly in a blender. Increase or decrease the amount of liquid to achieve desired consistency. Drink 1-2 servings per day. As a reminder, discuss the supplements and medications you take with your health care providers.

Use MET-Rx Protein Plus any time of the day including:

Immediately After Exercise: Makes an excellent post-workout shake by providing fast digesting proteins for immediate muscle support plus slow digesting proteins for extended amino acid delivery and recovery.

With Meals: Drink along with your meal to increase the overall protein quality and content. You can also mix into oatmeal or add to recipes such as pancake and waffle mixes.

In Between Meals: Keeps levels of amino acids elevated so your body doesn't go into a catabolic state that may otherwise lead to muscle loss.

Before Bed: The high content of slow-digesting proteins in MET-Rx Protein Plus makes it a perfect before-bed supplement as it provides "time-released" amino acid delivery to your body while you sleep.

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.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.