

## Original Meal Replacement

- 38 grams of the exclusive METAMYOSYN® protein blend to help build lean muscle.\*
- Free of Hydrogenated Oils, which means absolutely no Trans Fats.
- Low fat to support a lean, healthy body.
- Up to 20 grams of carbohydrates^ to support muscle glycogen needs as well as energy levels at rest and during exercise.\*
- 25 Essential Vitamins & Minerals, with 110% DV Calcium to support your body's nutritional needs.
- Aspartame Free
- No added sugar\*\*\*
- Gluten Free

^ Depending on flavor

**MET-Rx® "ORIGINAL" MEAL REPLACEMENT** revolutionized sports nutrition with the METAMYOSYN® Protein Blend! Now new and improved, the "Original" MET-Rx® Meal Replacement, is back and better than ever with an upgraded formula that is free of aspartame and hydrogenated fats while still featuring the exclusive METAMYOSYN® Protein Blend.

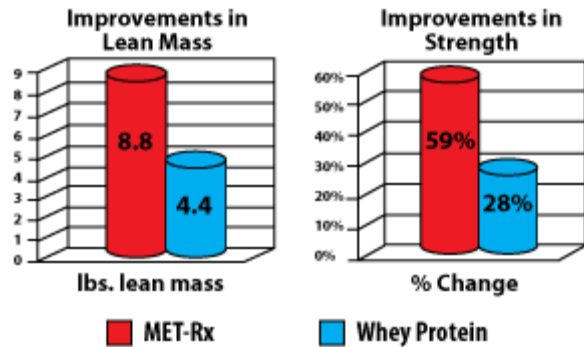
### **COMPLETE PROTEIN BLEND TO HELP BUILD LEAN MUSCLE\***

Originally developed by a physician, METAMYOSYN® protein is based on metabolic research to help support lean muscle mass studied in three published clinical trials.<sup>1,2,3</sup>

**In a groundbreaking study, subjects using MET-Rx® Original Meal Replacement twice per day gained more muscle and strength over 12 weeks than a group receiving whey protein only supplements.<sup>1</sup>**

METAMYOSYN® combines Milk Protein with fast-digesting whey protein and slow-acting casein, plus L-Glutamine and naturally occurring Branched Chain Amino Acids - Isoleucine, Leucine and Valine. The precise combination of proteins in METAMYOSYN® offers a sustained release of amino acids for up to 7 hours\*\* and provides your body with a highly bioavailable fuel that helps build lean muscle mass and strength.\*

**Study finds subjects using MET-Rx OMR twice per day gained more muscle and strength over 12 weeks than a group receiving whey protein supplements.<sup>1</sup>**



**Final Results: MET-Rx Group**  
• 100% Greater Gains in Lean Mass Compared to Whey Protein Group  
• 103% Greater Gains in Strength Compared to Whey Protein Group

#### **USE MET-RX® MEAL REPLACEMENT ANY TIME OF THE DAY:**

**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® Meal Replacement makes it a perfect before-bed supplement as it provides "time-released" amino acid delivery to your body while you sleep.

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

\*\* Approximate value based on individual proteins within product. Actual value for METAMYOSYN may be different.

\*\*\* Not a low calorie food. Some sugar naturally occurs in ingredients. See nutrition facts panel for sugar and calorie content.

<sup>1</sup> Demling, R. Ann Nutr & Metab. 2000. 44(1): 21-29.

<sup>2</sup> Demling, R. J Brn Care & Rehab. 1998. 19. 161-168.

<sup>3</sup> Demling, R. The Jnl of Trma, Inj, Inf, and Crit Care. 1997. 43(1): 47-51.

**Flavors: Extreme Chocolate, Cake Batter, Original Vanilla, Berry Blast**

**MET-Rx - Meal Replacement Protein Supplement Powder**  
**Original Vanilla - 18 Packets**  
**Ingredients may vary slightly with flavors**

| <b>Supplement Facts</b>              |                    |                |
|--------------------------------------|--------------------|----------------|
| <b>Serving Size: 1 Packet (72 g)</b> |                    |                |
| <b>Servings Per Container: 18</b>    |                    |                |
|                                      | <b>Amount</b>      | <b>%DV***</b>  |
|                                      | <b>Per Serving</b> |                |
| Calories                             | 250                |                |
| Calories from Fat                    | 20                 |                |
| Total Fat                            | 2 g                | 3%             |
| Saturated Fat                        | 0 g                | 0%             |
| Trans Fat                            | 0 g                |                |
| Cholesterol                          | 20 mg              | 7%             |
| Sodium                               | 360 mg             | 15%            |
| Potassium                            | 940 mg             | 27%            |
| Total Carbohydrate                   | 20 g               | 7%             |
| Dietary Fiber                        | <1 g               | 3%             |
| Sugars                               | 2 g                |                |
| Protein                              | 38 g               | 76%            |
| Vitamin A 90% (50% as Beta-Carotene) |                    | Vitamin C 100% |
| Calcium 110%                         | Iron 45%           |                |
| Vitamin D 60%                        | Vitamin E 150%     |                |
| Vitamin K 50%                        | Thiamin 60%        |                |

|   |                 |
|---|-----------------|
| Riboflavin 60%  | Niacin 100%     |
| Vitamin B-6 60%   | Folic Acid 100% |
| Vitamin B-12 50%  | Biotin 60%      |
| Pantothenic Acid 40%  | Phosphorus 80%  |
| Iodine 40%  | Magnesium 45%   |
| Zinc 40%  | Selenium 40%    |
| Copper 40%  | Manganese 50%   |
| Chromium 40%  | Molybdenum 80%  |
| Chloride 15%  |                 |
| *** Percent Daily Values are based on a 2,000 calorie diet. |                 |

**Other Ingredients:** Metamyosyn Protein Blend (Milk Protein Concentrate, Calcium Sodium Caseinate, L-Glutamine, Whey Protein Concentrate, Egg White), Maltodextrin, Vitamin and Mineral Blend (Dicalcium Phosphate, Dipotassium Phosphate, Potassium Chloride, Potassium Citrate, Sodium Citrate, Magnesium Oxide, Ascorbic Acid, dl-Alpha Tocopheryl Acetate, Ferrous Fumarate, Niacinamide, Vitamin A Palmitate, Calcium Sulfate, Zinc Oxide, d-Calcium Pantothenate, dl-Alpha Tocopherols, Copper Sulfate, Manganese Sulfate, Beta-Carotene, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Folic Acid, Chromium Picolinate, Biotin, Sodium Molybdate, Potassium Iodide, Tricalcium Phosphate, Sodium Selenite, Phytonadione, Cholecalciferol, Cyanocobalamin), Natural and Artificial Flavors, Sunflower Oil, Calcium Lactate, Cellulose Gum, Xanthan Gum, Sodium Caseinate, Soy Lecithin, Salt, Guar Gum, Carrageenan, Acesulfame Potassium, Mono- & Diglycerides, Mixed Tocopherols, Gelatin, Sucralose, Mannitol.

Contains milk, egg, and soy ingredients.

**Your daily values may be higher or lower depending on your calorie needs:**

|                           |           | Calories | 2,000    | 2,500                    |
|---------------------------|-----------|----------|----------|--------------------------|
| <b>Total Fat</b>          |           |          |          |                          |
|                           | Less Than |          | 65 g     | 80 g                     |
| <b>Saturated Fat</b>      |           |          |          |                          |
|                           | Less Than |          | 20 g     | 25 g                     |
| <b>Cholesterol</b>        |           |          |          |                          |
|                           | Less Than |          | 300 mg   | 300 mg                   |
| <b>Sodium</b>             |           |          |          |                          |
|                           | Less Than |          | 2,400 mg | 2,400 mg                 |
| <b>Potassium</b>          |           |          |          |                          |
|                           |           |          | 3,500 mg | 3,500 mg                 |
| <b>Total Carbohydrate</b> |           |          |          |                          |
|                           |           |          | 300 g    | 375 g                    |
| <b>Dietary Fiber</b>      |           |          |          |                          |
|                           |           |          | 25 g     | 30 g                     |
| <b>Protein</b>            |           |          |          |                          |
|                           |           |          | 50 g     | 65 g                     |
| <b>Calories per gram:</b> |           |          |          |                          |
|                           |           |          | Fat 9    | Carbohydrate 4 Protein 4 |

### Suggested Use

Directions: For adults, add one (1) packet to 16-20 fl. ounces of cold water or milk and mix thoroughly in a shaker or blender. Increase or decrease the amount of liquid to achieve desired consistency. Drink two shakes per day for best results. As a reminder, discuss the supplements and medications you take with your health care providers.

**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 or just use water.

### Use MET-Rx Meal Replacement any time of the day including:

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### Warnings

If you are pregnant, nursing, taking any medications or planning any medical procedure, 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.

98% Lactose Free

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.