

MET-Rx Protein Revolution is the ultimate, enhanced muscle mass formula – a cutting-edge protein formulation containing **FOUR** high-performance blends, designed to take your training to the next level.

This superior **“all-in-one”** formula contains the very latest sports performance nutrients for energy, strength, power, recovery and more!* By incorporating this scientifically designed protein formula into your nutrition and training plan you`ll never need to stack multiple products again!

- Superior “all-in-one” enhanced muscle mass formula
- Contains FOUR high-performance blends for energy, strength, power and recovery!
- 60g of Protein per Workout Day♦
- Combines fast-acting Microfiltered Whey Isolate and Ultrafiltered Whey Concentrate
- Packed with BCAA`s, L-Arginine, plus L-Glutamine

♦ per 4 rounded scoops

Flavors: Chocolate, Vanilla

**MET-Rx - Protein Revolution Powder Vanilla - 2.5 lbs.
(1,134 g)
Exact ingredients may vary slightly with flavors**

Supplement Facts		
Serving Size: 2 Rounded Scoops (77 g)		
Servings Per Container: about 15		
	Amount Per Serving	%DV*
Calories	270	
Calories from Fat	40	
Total Fat	4 g	7%**
Saturated Fat	1.5 g	8%**
Cholesterol	90 mg	30%

Total Carbohydrate	22 g	7%**
Dietary Fiber	2 g	9%**
Sugars	14 g	***
Protein	30 g	60%**
Calcium	199 mg	20%
Iron	1 mg	6%
Phosphorus	205 mg	21%
Magnesium	49 mg	12%
Zinc	0.2 mg	2%
Copper	0.1 mg	8%
Chromium	200 mcg	167%
Sodium	210 mg	7%
Potassium	440 mg	13%
Pro Power Blend (Creatine Monohydrate, Creatine Citrate, Creatine Ethyl Ester)	5.2 g	***
Pro Defense Blend (L-Glutamine, L-Arginine, L-Leucine, L-Valine, Isoleucine)	7 g	***
Pro Neuro-Energy Blend (L-Taurine, Medium Chain Triglycerides, Chromium)	1.1 g	***
Pro Transport Blend (Waxy Maize Starch, Dextrose, Fructose, Sugar, Bioperine Black Pepper Extract)	17.2 g	***

(*Piper nigrum*)(fruit))

** 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), Pro Transport Blend (Waxy Maize Starch, Dextrose, Fructose, Sugar, Bioperine Black Pepper Extract (*Piper nigrum*)(fruit)), Pro Defense Blend (L-Glutamine, L-Arginine, L-Leucine, L-Valine, Isoleucine), Pro Power Blend (Creatine Monohydrate, Creatine Citrate, Creatine Ethyl Ester), Cocoa (processed with alkali), Natural and Artificial Flavors, Pro Neuro-Energy Blend (L-Taurine, Medium Chain Triglycerides, Chromium Picolinate), Soy Lecithin, Xanthan Gum, Sucralose, Tricalcium Phosphate.

Contains milk and soy ingredients.

Typical Amino Acid Profile (milligrams per 77 g serving**)**

Essential Amino Acids		Nonessential Amino Acids	
Histidine	641 mg	Alanine	1,301 mg
Isoleucine	1,962 mg	Arginine	1,894 mg
Leucine	3,590 mg	Aspartic Acid	3,302 mg
Lysine	2,598 mg	Cysteine	613 mg
Methionine	627 mg	Glutamic Acid	4,197 mg
Phenylalanine	976 mg	Glycine	565 mg
Threonine	2,245 mg	Proline	1,687 mg
Tryptophan*****	483 mg	Serine	1,680 mg
Valine	1,901 mg	Tyrosine	887 mg

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

**** approximate values

Suggested Use

Workout Days: For adults, mix two (2) rounded scoops (77g) daily with 12 to 16 fluid ounces of cold water or juice and consume before your workout. Individuals weighing more than 125 lbs should consume another serving immediately after your workout.

Non-Workout Days: Take two (2) rounded scoops (77g) daily with 12 to 16 fluid ounces of cold water or juice with breakfast or any time of the day. Consume within 10 minutes after mixing and increase or decrease the amount of liquid to achieve desired consistency. Take this product with an adequate fluid intake. To support lean muscle, consume approximately .8 to 1 gram of protein per pound of body weight from all dietary sources per day. As a reminder, discuss the supplements and medications you take with your healthcare providers.

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

Warnings

Keep Out Of Reach Of Children.

Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Avoid this product if you have kidney disease. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

* 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.