

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:

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.

Nutrition Facts

Serving Size 1 Packet (72 g)

Amount Per Serving

Calories 250 Calories from Fat 20

% Daily Value**

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 360mg **15%**

Potassium 940mg **27%**

Total Carbohydrate 20g **7%**

Dietary Fiber <1g **3%**

Sugars 2g

Protein 38g **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. 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: 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 and Diglycerides, Mixed Tocopherols, Gelatin, Sucralose, Mannitol. Contains, milk, egg, and soy ingredients.

WARNING: 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.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF PACKET IS TORN OR OPEN.

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

97% Lactose Free

Typical Amino Acid Profile (milligrams per 72 g packet****)

Essential Amino Acids		Nonessential Amino Acids	
Histidine	1,010 mg	Alanine	1,114 mg
Isoleucine	1,688 mg	Arginine	1,249 mg
Leucine	3,158 mg	Aspartic Acid	2,453 mg
Lysine	2,704 mg	Cysteine	216 mg
Methionine	950 mg	Glutamic Acid	7,054 mg
Phenylalanine	1,667 mg	Glycine	634 mg
Threonine	1,506 mg	Proline	3,366 mg
Tryptophan****	380 mg	Serine	1,867 mg
Valine	2,140 mg	Tyrosine	1,804 mg

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

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MET-Rx
ENGINEERED NUTRITION®

MANUFACTURED IN THE USA BY MET-Rx USA, INC.
BOCA RATON, FL 33487
Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com

Part No. 18-18703

NET WT. 2.54 OZ. (72 g)

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

Protein Supplement Powder

- **Aspartame Free!**
- **Low Fat**
- **Over 6g BCAAs**
- **3g L-Glutamine**

Original Vanilla
Naturally and Artificially Flavored

Complete Protein Blend to Help Build Lean Muscle*

Meal Replacement

ENGINEERED NUTRITION®

MET-Rx

38g Protein Blend

METAMYOSYN®