40 - 2.54 OZ. (72 g) PACKETS - NET WT. 101.5 OZ. (6.34 LB.) (2.88 kg)

METAMYOSYN® Protein Blend to Help Build Lean Muscle*

Extreme Chocolate
Naturally and Artificially Flavored

Protein Powder

- 3g L-Glutamine
- Over 7g BCAAs from protein
- Low Fat
- Aspartame Free!

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

36g Protein + 3g L-Glutamine

Gluten FREE

MET-Rx®

Meal Replacement

## MET-Rx® "Original" Meal Replacement

MET-Rx® "Original" Meal Replacement revolutionized meal replacement powders with the METAMYOSYN® Protein Blend. We've upgraded the original formula to take out everything you didn't want while keeping in the exclusive METAMYOSYN® protein blend. METAMYOSYN® combines slow-acting casein with milk protein, which is a natural source of whey and casein. The result is a highly bioavailable fuel that helps build lean muscle mass and strength.*

- The exclusive METAMYOSYN® protein blend to help build lean muscle.*
- Low fat to support a lean, healthy body.
- 18 grams of carbohydrates to support muscle glycogen needs as well as energy levels at rest and during exercise.*
- 25 Essential Vitamins & Minerals, with 90% DV Calcium to support your body's nutritional needs.
- Aspartame Free
- Gluten Free

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

MET-Rx® Meal Replacement Powder is the foundational supplement for all athletes looking to improve their overall health and physique. It is a great-tasting way to make sure you are getting the balanced nutrition you need to reach your fitness goals.* Plus, our convenient packets mean you can take them whenever and wherever your athletic lifestyle takes you.

Balanced nutrition is important to anyone looking to create a lean, healthy body. One packet provides an excellent source of important vitamins and minerals with a proper balance of carbohydrates, proteins and fats, plus electrolytes. This combination helps keep you on track in and out of the gym.

Why take chances with your meal replacement - trust the unique METAMYOSYN® protein blend.

### THE SECRET IS THE SOURCE OF PROTEIN!

METAMYOSYN® protein is a superior quality blend, which combines premium casein with milk proteins, plus L-Glutamine and naturally occurring Branched Chain Amino Acids from protein - Isoleucine, Leucine and Valine. The precise combination of proteins in METAMYOSYN® provides your body with a highly bioavailable fuel to meet your nutritional needs.

Casein is a slow-acting protein, which results in a more prolonged absorption rate to extend the delivery of amino acids to muscles. Milk protein naturally contains both whey and casein - to provide slow and fast-digesting properties.

**MET-Rx® METAMYOSYN®, Trust the Original!**

18706.08H B67092
Part No: 30-41040



**Directions: 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 proteins for 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.

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

| Essential Amino Acids | | Nonessential Amino Acids | |
|---|---|---|---|
| Histidine | 929 mg | Alanine | 1,129 mg |
| Isoleucine | 1,777 mg | Arginine | 1,331 mg |
| Leucine | 3,215 mg | Aspartic Acid | 2,629 mg |
| Lysine | 2,744 mg | Cysteine | 252 mg |
| Methionine | 925 mg | Glutamic Acid | 10,282 mg |
| Phenylalanine | 1,740 mg | Glycine | 673 mg |
| Threonine | 1,630 mg | Proline | 3,371 mg |
| Tryptophan**** | 425 mg | Serine | 1,947 mg |
| Valine | 2,239 mg | Tyrosine | 1,714 mg |

***1g Tryptophan is naturally occurring, not added.
***approximate values

## Nutrition Facts

Serving Size 1 Packet (72 g)
Servings Per Container 40

| Amount Per Serving | |
|---|---|
| **Calories** 250 | Calories from Fat 25 |
| | **%Daily Value**** |
| **Total Fat** 3g | 5% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| **Cholesterol** 20mg | 7% |
| **Sodium** 420mg | 18% |
| **Potassium** 1,270mg | 36% |
| **Total Carbohydrate** 18g | 6% |
| Dietary Fiber 2g | 12% |
| Sugars 2g | |
| **Protein** 36g | 72% |
| Vitamin A 90% | Vitamin C 100% |
| Calcium 90% | Iron 70% |
| 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 45% | Magnesium 50% |
| Zinc 60% | Selenium 40% |
| Copper 45% | Manganese 50% |
| Chromium 45% | 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 & Amino Blend (Milk Protein Concentrate, Calcium Sodium Caseinate, L-Glutamine, Whey Protein Concentrate, Egg White), Maltodextrin, Cocoa (processed with alkali), Vitamin and Mineral Blend (Dicalcium Phosphate, Tripotassium Citrate, Dipotassium Phosphate, Potassium Chloride, Magnesium Oxide, Ascorbic Acid, Tricalcium Phosphate, dl-Alpha Tocopheryl Acetate, Ferrous Fumarate, Niacinamide, Zinc Oxide, Copper Gluconate, d-Calcium Pantothenate, Manganese Sulfate, Beta-Carotene, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Vitamin A Palmitate, Riboflavin, Chromium Picolinate, Folic Acid, Biotin, Sodium Molybdate, Potassium Iodide, Sodium Selenite, Phytonadione, Cholecalciferol, Cyanocobalamin), Natural and Artificial Flavors, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Di-glycerides, Mixed Tocopherols [added to protect flavor], Tricalcium Phosphate), Calcium Lactate, Cellulose Gum, Xanthan Gum, Salt, Sodium Citrate, Acesulfame Potassium, Guar Gum, Carrageenan, Soy Lecithin, Sucralose, Gelatin.

Contains milk, egg and soy ingredients.

**WARNING:** If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

**KEEP OUT OF REACH OF CHILDREN. STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF PACKET IS TORN OR OPEN.**

**98% Lactose Free**

MET-Rx

Hand-packed in the USA with select ingredients from around the world by MET-Rx Nutrition, Inc.
Boca Raton, FL 33487
USA
Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to www.MET-Rx.com

| | | | |
|---|---|---|---|
| **NBTY**<br>2100 Smithtown Ave, Ronkonkoma, NY 11779 | **CAUTION:** It is the vendors responsibility to print a scannable UPC code. Do not proceed without your alternative UPC method. | **Die Size or IFC:** 14.5 x 10.3 x 3.875 | **PrePress Approval** ☐ Yes ☒ No Date Approved: _____ | **Date:** 2/9/17 |

**INKS: Number of Plates on order 6**

| Cyan | Magenta | Yellow | Black | PMS 485 | Met-Rx Red |
|---|---|---|---|---|---|
| ✔ | ✔ | ✔ | ✔ | ✔ | ✔ |

| PMS 000 | PMS 000 | PMS 000 | PMS 000 | PMS 000 | PMS 000 |
|---|---|---|---|---|---|
| | | | | | |

**LINKS:**
187068-X1-horizprof2b.psd
187068-X1-horizprof4b.psd
187068-X1-horizprof3b.psd
180V2cWhite.psd
MET-Rx_Pills_Powders_QR_Code.eps

**FONTS:**
Impact
Helvetica
Helvetica 97 Black Condensed Oblique
DIN-BlackItalic
DIN-BoldItalic
Helvetica Black Condensed Bold Oblique
Serpentine Bold Oblique
Helvetica Bold
Helvetica Condensed 65 Medium 06472
Helvetica Condensed Black
Helvetica Condensed Bold
Helvetica 57 Condensed 06472
12 pt Helvetica® 55 Roman 05472
Helvetica 77 Bold Condensed
Helvetica Condensed Black Oblique
Helvetica Condensed Oblique
Helvetica Condensed Medium
Helvetica Black
Helvetica 67 Medium Condensed Oblique
Helvetica Condensed Bold Oblique
Helvetica 57 Condensed
Myriad Pro Bold
Helvetica Bold
12 pt Helvetica® 96 Black Italic 16472

**SUBSTRATE:**

**Paper:** ☐ White ☐ Dull Silver Foil ☐ Bright Silver Foil

**Bopp:** ☐ Clear ☐ White ☐ Bright Silver Foil

**Board:** ☒ White SBS ☐ Recycled

**Shrink:** ☐ PVC ☐ OPS ☐ PETG

**Other Material:** ☐ _____

**Prepared By:**
Designer: Craig Williams
Artist: Craig Williams

**UV or LAM**
☐ Gloss UV ☐ Gloss LAM
☐ Matte UV ☐ Matte LAM
**Other:** ☐ _____

**Applications:** Illustrator CS6 Photoshop CS5

**Rewind Position**

**Special Instructions:**

☐ Flexo ☐ Digital ☒ Litho

**Press Check Required** ☐ Yes ☒ No

**Packaging Facility:**