



# MET-RX<sup>®</sup>

MEAL REPLACEMENT BAR

# BIG100

# COLOSSAL

Net Wt. 3.52 oz. (100 g)

**CHOCOLATE CARAMEL COCONUT**

**30g**  
PROTEIN

**No Artificial Flavors  
No Artificial Colors**

**Includes Metamysyn<sup>®</sup> Protein!**

**TAMPER RESISTANT:  
DO NOT USE IF FOIL  
WRAPPER IS TORN  
OR OPEN.**

**Directions:** Adults, for best results drink 8 fl. ounces of water or other liquid with this bar.

## Nutrition Facts

Serving Size 1 Bar (100g)

### Amount Per Serving

<b>Calories</b>	400
Calories from Fat	90
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	15%
Sat. Fat 8g	41%
Trans Fat 0g	
<b>Cholesterol</b> <5mg	2%
<b>Sodium</b> 330mg	14%
<b>Potassium</b> 180mg	4%
<b>Total Carb.</b> 46g	15%
Dietary Fiber 2g	8%
Sugars 32g	
<b>Protein</b> 30g	59%
<b>Vitamin A</b>	35%
<b>Vitamin C</b>	35%
Calcium	10%
Iron	25%
<b>Vitamin E</b>	30%
<b>Thermin</b>	35%
<b>Phobolamin</b>	35%
<b>Niacin</b>	35%
<b>Vitamin B-6</b>	30%
<b>Folic Acid</b>	40%
<b>Vitamin B-12</b>	35%
<b>Pantothenic Acid</b>	35%
<b>Phosphorus</b>	25%
<b>Iodine</b>	30%
<b>Magnesium</b>	4%
<b>Zinc</b>	40%
<b>Copper</b>	50%

\*Percent Daily Values are based on a 2,000 calorie diet.

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

Total Fat	Less than 65g	80g
Sat. Fat	Less than 20g	25g
Cholest.	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Total Carb.	300g	375g
Dietary Fiber	25g	30g
Protein	50g	65g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** Soy Crisps (Soy Protein Isolate, Tapioca Starch, Salt), Caramel Layer (Corn Syrup, Sugar, High Fructose Corn Syrup, Sweetened Condensed Whole Milk, Palm Kernel Oil, Milk Protein Concentrate, Butter, Vanilla, Soy Lecithin, Salt), Corn Syrup, Chocolate Flavored Coating (Sugar, Palm Kernel Oil, Cocoa Powder, Whey Powder, Non Fat Milk Powder, Soy Lecithin, Natural Vanilla Flavor), METAMYSYN<sup>®</sup> Protein Blend (Whey Protein Isolate, Milk Protein Isolate, Whey Protein Concentrate, Dried Egg White), Sweetened Toasted Coconut, Glycerin, Natural Flavors, Water, Sucrose, Vitamin and Mineral Blend (Ascorbic Acid, d-Alpha Tocopheryl Acetate, Nicotinamide, Zinc Oxide, Biotin, Copper Gluconate, d-Calcium Pantothenate, Potassium Iodide, Vitamin A Palmitate, Tricalcium Phosphate, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Folic Acid, Cyanocobalamin), Xanthan Gum, Soy Lecithin, Peanut Flour, Natural Almond Butter.

Contains milk, egg, tree nut (almond, coconut), peanut and soy ingredients.  
Manufactured in the USA by MET-Rx Nutrition, Inc., Boca Raton, FL 33487 ©2014  
Questions? Call toll free 1-800-55-MET-Rx. To learn more, please go to [www.MET-Rx.com](http://www.MET-Rx.com)

**MET-RX<sup>®</sup>**  
YOU CAN'T FAKE STRONG<sup>™</sup>

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