TruLean™ is a healthy meal with a complete protein blend to help build lean muscle and 25 essential vitamins & minerals. It can be used as a meal replacement or as one of several small meals throughout the day to support your nutritional needs. The MET-Rx® 180°™ Meal Replacement Shake provides a balanced amount of carbohydrates, proteins, vitamins and minerals — just about everything you need to support your body transforming goals.

MET-Rx® 180°™ TruLean™ combines slow acting casein protein with milk protein, which is a natural source of both their mind, body or spirit — we are MET-Rx®.

MET-Rx® 180°™ helps you achieve your body with quality results-oriented products that fulfill all the appetite your body needs for balanced nutrition and physical fitness. For this reason MET-Rx® has been and continues to be on the cutting-edge of sports nutrition, with a diverse range of products engineered for the next generation of athletes. There has been significant EAT and WORK to achieve your goals — choose MET-Rx® 180°™, and for those who never accept limits of your mind, body or spirit — we are MET-Rx®.

MET-Rx® 180°™ is designed to provide results. MET-Rx® 180°™ helps you share your body with quality results-oriented products that fulfill all the appetite your body needs for balanced nutrition and physical fitness. For this reason MET-Rx has been and continues to be on the cutting-edge of sports nutrition, with a diverse range of products engineered for the next generation of athletes. There has been significant EAT and WORK to achieve your goals — choose MET-Rx® 180°™, and for those who never accept limits of your mind, body or spirit — we are MET-Rx®.

MET-Rx 180°™ PROGRAM

MET-Rx® 180°™ is a revolutionary workout program created specifically for you using cutting edge exercise techniques and state-of-the-art nutrition — MET-Rx® 180°™ is designed to provide results. MET-Rx® 180°™ helps you share your body with quality results-oriented products that fulfill all the appetite your body needs for balanced nutrition and physical fitness. For this reason MET-Rx® has been and continues to be on the cutting-edge of sports nutrition, with a diverse range of products engineered for the next generation of athletes. There has been significant EAT and WORK to achieve your goals — choose MET-Rx® 180°™, and for those who never accept limits of your mind, body or spirit — we are MET-Rx®.

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