

MET-Rx[®]

ENGINEERED NUTRITION[®]

**GAIN WEIGHT
& BUILD MUSCLE**



SIZE UP

ONE OF THE MOST ADVANCED WEIGHT GAINERS ON THE MARKET

If you are one of those people who have a tough time packing on solid, powerful muscle, try MET-Rx Xtreme Size Up – with key ingredients to help you gain weight and pack on quality mass. MET-Rx Xtreme Size Up contains selected nutrients designed to meet your body's needs for both immediate and sustained energy and protein synthesis.

Ideal for hard gainers

Take Size Up every day in conjunction with your weight training programme, and you'll be providing your body with the essential nutrients it needs to achieve your weight and size goals. Size Up is ideal for anyone with a fast metabolic rate or those who have a tough time packing on weight. Size Up makes it easy for you to get the high quality protein, complex carbs and essential nutrients that are important for an intensive training program.

Clinically tested protein

Size Up contains the trusted and clinically developed Metamyosyn® protein which is exclusive to MET-Rx. Additional muscle mass nutrients include extra whey protein, creatine, glutamine and naturally occurring, high quality branched chain amino acids (BCAAs) to provide sustained, highly bio-available fuel for your body's protein needs.

Complex carbohydrates

Size Up contains high fibre and quality complex carbs to intensify the time release effects of the Metamyosyn® protein and muscle mass nutrients for a longer period.

Essential fats

Size Up contains just the right amount of dietary fats essential for staying lean without packing on unwanted body fat. Size Up also contains both quick digesting medium chain triglycerides (MCT's) and slower digesting flaxseed, which allows for increased energy. Best of all there are no unhealthy trans-fats in our formula.



Size	Flavours	Key ingredients	Why buy Size Up?
2,721g	<ul style="list-style-type: none"> ● Strawberry ● Chocolate 	<ul style="list-style-type: none"> • Metamyosyn® protein • 54g protein per serving • Contains 3g Glutamine per serving • Contains 81g complex carbs per serving • Contains 3g creatine per serving 	<ul style="list-style-type: none"> • An easy to digest 591 calories per serving • Easy to drink, instant mixing with water • No fructose or aspartame • Great tasting • No wind or stomach upsets

SUPREME WHEY

100% PURE WHEY PROTEIN POWDER

A high quality blend of whey protein isolate and whey protein concentrate, Supreme Whey protein powder is perfect for those wishing to build and maintain a strong, healthy physique. Whey is one most absorbable forms of protein and MET-Rx Supreme Whey is used by top athletes who demand results fast.

Why protein is essential

Weight trainers know that protein is essential for anyone wanting to build lean muscle, strength and optimise recovery. Protein is one of the most important nutrients for health, growth and well-being, especially when training. Even people trying to lose excess fat know the benefits of following a high protein, low carb diet.

No milk required

While some brands require you to 'top up' the calories or 'improve' the taste by adding milk, MET-Rx recognises that some people find it hard to digest milk. Supreme Whey is one of the only protein drinks that is designed to be mixed with water and taste great. For those that feel casein in milk is a benefit at bedtime, Supreme Whey also mixes easily with milk for slower digestion.

Great tasting whey protein

Supreme Whey is a great tasting blend of microfiltered whey protein isolate and ultrafiltered whey protein concentrate. Whey protein has one of the highest biological values of any protein source due to its excellent amino acid profile, solubility and digestibility. A high biological value means that it may yield more usable grams of amino acid.

High concentration of BCAAs

The very high concentration of branched chain amino acids (BCAAs) found in whey protein is of special importance to body builders and power athletes. BCAAs L-leucine, L-isoleucine and L-valine make up about one third of the total protein content of human muscle tissue.



Size	Flavours	Key ingredients	Why buy Supreme Whey?
908g 2268g	<ul style="list-style-type: none"> ● Strawberry ● Chocolate ● Vanilla ● Banana 	<ul style="list-style-type: none"> • Whey protein isolate • Whey protein concentrate • Branched chain amino acids(BCAAs) • 39g per 2 servings 	<ul style="list-style-type: none"> • 100% Pure whey protein • Easy to drink, instant mixing with water • Aspartame free • Great tasting • 81 servings per 2,268g tub

PROTEIN PLUS

ADVANCED PROTEIN FORMULA: MAXIMUM RESULTS

Protein Plus adds protein to your diet, which is vital for building muscle, especially for people who train with weights on a regular basis. Protein is also essential whilst dieting to reduce the loss of muscle tissue. Protein Plus is a leading protein powder thanks to its scientifically advanced formula and great taste.

Important nutrient for building muscle

Protein is the single most important nutrient required for building, repairing or maintaining muscle tissue. The body's requirement for protein is determined by training intensity: the harder one trains, the more protein one requires. The amount of protein required by the average person engaging in resistance or endurance training is difficult to obtain from food alone without consuming additional, unwanted calories and fat.

What is protein?

Protein is a vital nutrient that your body needs every day. Carbohydrates provide your body with energy, whilst protein helps your muscles to recover and repair more quickly after exercise. Foods high in protein include fish, meat, eggs, dairy produce and soya.

Designed for athletes

MET-Rx Protein Plus Powder was designed for athletes and sports enthusiasts, using the scientifically researched Metamyosyn® protein formula – the foundation of most MET-Rx protein-based products.

Contains glutamine

Protein Plus Powder uses fast and slow absorption proteins for sustained muscle support and L-glutamine to lessen the catabolic effects of intense exercise.



Size	Flavours	Key ingredients	Why buy Protein Plus?
900g tubs	<ul style="list-style-type: none"> ● Strawberry ● Vanilla ● Chocolate 	<ul style="list-style-type: none"> • 43g Metamyosyn® protein per serving (powder) • Whey protein Isolate • L-glutamine • Branched chain amino acids • Less than 2g fat • 31g of protein 0g trans fat per bar 	<ul style="list-style-type: none"> • Helps with recovery & immune support • Used by professional athletes • Scientifically proven • Great tasting • Easy to drink, instant mixing with water
85g bars	<ul style="list-style-type: none"> • Choc Choc Chunk • Choc Fudge • Choc Roasted Peanut • Mud Pie Fusion 		

DRINK MIX

THE ORIGINAL MEAL REPLACEMENT

MET-Rx was the one that started it all in the meal replacement powder category. MET-Rx total nutrition drink provides a convenient nutritional foundation that, along with exercise and proper whole food intake, will help increase muscle and body fat loss.

Ideal for a busy lifestyle

MET-Rx makes it easy to make healthy lifestyle choices. However busy your everyday life, it is always easy to blend a nutritious MET-Rx shake containing specific levels of protein and amino acids, which are designed to help you preform at your peak every single day.

Over 20 years of research

MET-Rx has a scientific heritage founded on two decades of extensive research & development into the human metabolism. In 1991 MET-Rx revolutionised the sports nutrition industry with a high protein meal replacement, fortified with an exclusive protein blend called Metamyosyn®.

Exclusive Metamyosyn® protein formula

Metamyosyn® is a precise combination of high quality milk protein concentrate, whey protein isolate, egg white albumin, calcium caseinate and the free-form amino acid L-glutamine. Metamyosyn® is clinically proven to support protein synthesis, energy production and fat utilisation. Only MET-Rx has the scientifically developed and proven Metamyosyn®.

Delicious and satisfying

The MET-Rx Drink Mix supplies exactly the right balance of protein, carbohydrates, fat, vitamins and minerals that when blended together with water, juice or skimmed milk provides a delicious and satisfying meal replacement shake.



Size	Flavours	Key ingredients	Why buy Drink Mix?
20 x 72g 60 x 72g sachets	<ul style="list-style-type: none"> ● Berry Blast ● Chocolate ● Vanilla ● Variety Pack 	<ul style="list-style-type: none"> • 38g Metamyosyn® protein per serving • Whey protein isolate • 3g L-glutamine • 26 essential vitamins and minerals • Less than 2g fat 	<ul style="list-style-type: none"> • Low in fat • 97% lactose free • Scientifically proven • Great tasting • Easy to drink, instant mixing with water

LIQUID AMINO

BUILDING BLOCKS OF PROTEIN

If you're looking for an Amino acid source that is easy to digest then MET-Rx Hi Test Amino Liquid is the right choice for you and your training regimen. It features the Amino-Sorb technology for rapid Amino Acid delivery right when you need it and contains a blend of 18 essential and non essential amino acids, including all three branched Chain Amino Acids (BCAAs).

What are Amino Acids?

Amino Acids are the building blocks of Protein. Just as the letters of the alphabet can be combined to form an almost endless variety of words, amino acids can be linked in varying sequences to form a huge variety of proteins. The richest sources of protein are foods of animal origin such as meat, fish, eggs etc. Plant sources of protein are deficient in one or more of the essential amino acids.

There are 20 Amino Acids, 8 are known as essential (these cannot be made by the body and must be supplied by the diet) and 12 non essential (these can be made by the body from other nutrients). The 3 branch chain amino acids (BCAAs) are especially important as they make up one third of muscle protein.

Who needs them?

Amino acids are required for protein synthesis and are used by the body in many processes, including the growth and repair of muscle tissue. During exercise, muscles are broken down and need to be repaired and rebuilt for muscular growth. Combined with heavy training, amino acids create a positive environment for muscle growth and repair. Amino acids are ideal for strength and power athletes, endurance athletes and vegetarians/vegans.



Size	Flavours	Key ingredients	Why buy Amino Liquid?
473ml	<ul style="list-style-type: none"> • Wild Cherry 	<ul style="list-style-type: none"> • Hydrolysed protein • BCAA's (L-isoleucine, L-leucine, L-valine) • 18 essential and non essential amino acids 	<ul style="list-style-type: none"> • Easily absorbed for rapid delivery of aminos • 14,560 mg amino acids per 30ml serving • effective supply of BCAAs • Liquid form of Amino Acids

BCAA

THE MOST IMPORTANT GROUP OF AMINO ACIDS FOR ATHLETES

MET-Rx BCAAs are the building blocks of protein – of special importance to body builders and power athletes. BCAAs L-leucine, L-isoleucine and L-valine make up about one third of the total protein content of human muscle tissue.

Increase muscle strength and growth

Around 33% of muscle protein consists of BCAAs. Even moderate exercise causes levels of BCAAs to drop rapidly – resulting in muscle tissue breakdown (catabolism), fatigue and a drop in testosterone levels. Research shows that athletes who supplement with BCAAs experience increased muscle growth and strength, overall increases in energy and improved muscle power output.

Increased recovery

Perhaps the greatest benefit to hard training athletes is the increase in metabolic recovery that follows supplementation. Most athletes feel a substantial decrease in the amount of post-exercise muscle soreness soon after beginning BCAA supplementation. This means faster recovery from exercise-induced protein damage (remember your muscles grow when you damage them), which in turn means faster size and strength gains. With increased recovery you can hit the iron harder and more frequently – and thus meet your goals sooner.

Boosting immune function

When you train at high intensity or high volume you risk immune suppression and infections. If you're sick it's hard to train, much less grow. It's even harder to come back after an illness without losing a ton of strength and size. By supplementing with BCAAs you'll help reverse glutamine loss, which is essential for immune function. BCAAs also help prevent a catabolic state in the body, which in turn can help improve recovery and lessen the damaging effects your exercise sessions may have on the body.



Size	Flavours	Key ingredients	Why buy BCAA?
120 caps	Tasteless	<ul style="list-style-type: none"> • L-isoleucine • L-leucine • L-valine 	<ul style="list-style-type: none"> • Building blocks of protein • Increase muscle strength & growth • Increased recovery • Increased endurance • Support immune system

BIG 100 BARS

MEAL REPLACEMENT BARS PACKED WITH PROTEIN AND TASTE

MET-Rx Big 100 food bars are perfect for anyone who is looking to build muscle, gain strength and improve their physique. Packed with protein and vitamins but low in fat, MET-Rx Big 100 bars are the ideal meal replacement.

Convenient protein

MET-Rx makes it easy to make healthy lifestyle choices. There's no simpler way to get your protein fix than a delicious Big 100 bar. This great tasting bar is packed with the scientifically proven Metamyosyn® protein formula exclusive to MET-Rx. Not only do you get the protein you need, but you can get your chocolate fix too. MET-Rx Big 100 bars are low in fat and contain over 26 essential vitamins, so if you're looking to bulk up or lose body fat this is the bar for you.

Over 20 years of research

MET-Rx has a scientific heritage founded on two decades of extensive research & development into human metabolism. In 1991 MET-Rx revolutionised the sports nutrition industry with a high protein meal replacement, fortified with an exclusive protein blend called Metamyosyn®.

Exclusive Metamyosyn® Protein Formula

Only MET-Rx contains the scientifically developed and proven Metamyosyn® – a precise combination of high quality milk protein concentrate, whey protein isolate, egg white albumin, calcium caseinate and the free-form amino acid L-glutamine. Metamyosyn® is clinically proven to specially support protein synthesis, energy production and fat utilisation.



Size	Flavours	Key ingredients	Why buy Big 100 bars?
100g	<ul style="list-style-type: none"> • Peanut Butter Cookie • Chocolate Chip Cookie • Colossal Bar Peanut Butter Caramel Crunch • Colossal Bar Super Cookie Crunch • Colossal Bar Crispy Apple Pie 	<ul style="list-style-type: none"> • Metamyosyn® protein • Soy protein • Milk protein • Potassium • Essential vitamins 	<ul style="list-style-type: none"> • Metamyosyn® protein • Great tasting • Low in fat • High in protein (27-31g) • 100g bar

READY TO DRINK

CONVENIENT, EFFECTIVE AND GREAT TASTING

MET-Rx has made it easy for people who lead a busy lifestyle. MET-Rx understand that some people find it hard to find the time to mix their protein shakes. That's why MET-Rx produced the RTD range – delicious tasting shakes that are ready to drink with no mixing.

Single most important nutrient

Protein is the single most important nutrient to a bodybuilder; it makes up and maintains most of the stuff in our bodies. You can afford to slack off on any other nutrient for a period of time and still minimise the damage, but a bodybuilder without protein is like a bar without beer.

Balance of milk proteins

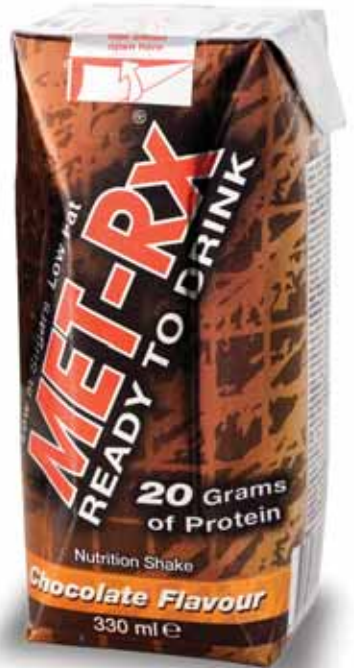
MET-Rx Ready To Drinks are made from milk protein, which many people still believe is the best form of protein available. Milk protein comes from two main sources: casein and whey, without a doubt the two best proteins available. Whey is the most bio-available protein in the world. It's fast acting and supplies the most important aminos in large amounts. Casein on the other hand is a slower acting protein that contains other essential aminos, providing the base of your body's amino acid pool. MET-Rx RTDs provide a balance of the two: the casein influences the whey to act slower and stay active in the body longer and increasing the potential to absorb more of it.

Vitamins and minerals

MET-Rx RTDs are enriched with vitamins and minerals, which help with the recovery and repair of tissues, and in the synthesis of new cells.

Used by Bolton Wanderers FC

MET-Rx RTDs are used daily by Premiership football club Bolton Wanderers FC. Using RTDs as part of their healthy lifestyle and intense training programme has helped them become stronger, faster and fitter.



Size	Flavours	Key ingredients	Why buy RTDs?
330 ml	<ul style="list-style-type: none"> ● Strawberry ● Chocolate ● Vanilla 	<ul style="list-style-type: none"> • Milk protein • Vitamin E • Vitamin C • Vitamin B6 • Vitamin B12 	<ul style="list-style-type: none"> • Ready to drink, no mixing • High in protein • High carbohydrates • Vitamins and minerals • Used by Bolton Wanderers FC