# Nutrition Facts

Serving Size 1 Bar (85g)
Servings Per Container 9

| Amount Per Serving | |
|---|---|
| **Calories** 300 | Calories from Fat 90 |
| | **%Daily Value*** |
| **Total Fat** 10g | 15% |
| Saturated Fat 6g | 30% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 500mg | 21% |
| **Potassium** 140mg | 4% |
| **Total Carbohydrate** 33g | 11% |
| Dietary Fiber 2g | 8% |
| Sugars 3g | |
| Sugar Alcohol 26g | |
| **Protein** 29g | 58% |

| | |
|---|---|
| Vitamin A 30% | Vitamin C 30% |
| Calcium 35% | Iron 45% |
| Vitamin E 40% | Thiamin 40% |
| Riboflavin 35% | Niacin 40% |
| Vitamin B-6 35% | Folic Acid 40% |
| Vitamin B-12 35% | Biotin 35% |
| Pantothenic Acid 35% | Phosphorus 15% |
| Iodine 30% | Magnesium 15% |
| Zinc 40% | Copper 50% |
| Chloride 10% | |

*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:** Peanut Flavored Coating (Maltitol, Fractionated Palm Kernel Oil, Partially Defatted Peanut Flour, Milk Protein Isolate, Sodium Caseinate, Salt, Soy Lecithin, Natural Flavor), Maltitol Syrup, Soy Protein Crisp (Soy Protein Isolate, Tapioca Starch, Salt), Metamyosyn® VPP Protein Blend (Whey Protein Isolate, Casein, Calcium Caseinate, Hydrolyzed Whey Protein Isolate, Egg White, L-Glutamine), Maltitol, Glycerine, Water, Ground Peanuts, Sorbitol, Natural Flavors, Polydextrose, Invert Evaporated Cane Syrup, Enzyme Modified Soy Protein, Vitamin and Mineral Blend (Calcium Carbonate, Magnesium Oxide, Ascorbic Acid, Ferric Orthophosphate, Alpha-Tocopheryl Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Vitamin B-12), Sugar, Salt, Soy Protein Isolate, Fructose, Partially Defatted Peanut Flour, Caramel Color, Fractionated Palm Kernel Oil, Maltodextrin, Monoglyceride, Pectin, Calcium Lactate, Soy Lecithin, Sodium Caseinate, Sucralose, Tartaric Acid, Soybean Oil, Mixed Tocopherols (added to protect flavor).

Contains milk, egg, soy and peanut ingredients

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

**WARNING:** This product contains sugar alcohols, which may cause gastrointestinal discomfort. Excessive consumption may have a laxative effect.

Partially Produced with Genetic Engineering

◊See nutrition information for saturated fat and sodium content.

MET-RX

Manufactured in the USA with select ingredients from around the world for **MET-Rx Nutrition, Inc.**
Boca Raton, FL 33487

Questions? Call toll free **1-800-55-MET-Rx**
To learn more, please go to **www.MET-Rx.com**

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# Nutritional Guide For Met Rx 180

Wolfgang Guggemos

**Nutritional Guide For Met Rx 180:**

HealthCheques ,2004 *The Complete Idiot's Guide to Total Nutrition, 4th Edition* Joy Bauer,2005-11-01 Good health starts with good nutrition With all the constant debate over diet fads proper nutrition is slipping through the cracks This revised and updated guide places the emphasis on good health by informing families of everything they need to know to get the best nutrition from daily vitamin and mineral intake and facts about fats and cholesterol to advice on shopping for healthy foods and much more Includes updates to the USDA s Food Guide Pyramid New numbers for blood pressure and sodium intake A section on helping overweight children New fiber recommendations for kids A new section on macrobiotics and raw diets Pocket Guide to Low Sodium Foods Bobbie Mostyn,2003 This nutritional counter is an indispensable reference for anyone who is watching his or her salt intake It is small enough to put in a pocket or purse to enable one to make wise food choices at the grocery store and while dining out Intended for the estimated 60 million Americans with high blood pressure and severe kidney disease this guide addresses which supermarket products and fast food items have the lowest sodium counts and simplifies supermarket choices by listing only low sodium products Each food is analyzed by calories fat saturated fat cholesterol carbohydrates fiber sugar and sodium Also included are brief descriptions of each of these nutrients and their effect on blood pressure explanations of food labeling guidelines and clarification of nutritional content claims **Men's Health Total Fitness Guide** ,2002 101 Sports Nutrition Tips Susan Mara Kundrat,2005 101 Sports Nutrition Tips is an excellent resource that helps athletes determine what when and how much to eat to optimize performance With years of experience as a three sport athlete and instructor author Susan Kundrat combines knowledge and practical experience into this valuable collections of tips Twelve chapters cover topics such as high energy eating fluids and hydration healthy weight gain and loss nutrition on the move and sample meal plans *Annual Editions* Dorothea J. Klimis-Zacas,2003 This Annual Editions reader of public press articles contains timely selections from such sources as Harvard Health Letter Mayo Clinic Health Letter Healthy Weight Journal and The New England Journal of Medicine The topics discussed include eating patterns of people today the importance of nutrients and fiber the affect of diet on health weight management food safety and the world s food supply Training & Conditioning ,2002 **Ad $ Summary** ,2002 Advertising expenditure data across ten media consumer magazines Sunday magazines newspapers outdoor network television spot television syndicated television cable television network radio and national spot radio Lists brands alphabetically and shows total ten media expenditures media used parent company and PIB classification for each brand Also included in this report are industry class totals and rankings of the top 100 companies of the ten media *The Doctor's Pocket Calorie, Fat and Carbohydrate Counter 1999* Allan Borushek,1998-12 User friendly directory of nutritional information for all the major food groups plus objective data on commercial food products and fast food A must for anyone trying to lose weight or adopt a healthier lifestyle The Doctor's Pocket Calorie, Fat & Carbohydrate Counter Allan Borushek,1999-11 Color edition updated for 2000 A user friendly directory

of nutritional information for calories fat carbohydrates sodium cholesterol calcium protein iron alcohol and caffeine plus up to the minute objective data on commercial food products and fast food A must for anyone trying to lose weight or adopt a healthier lifestyle One reviewer said It s definitely America s best calorie counter **Nutrition and HIV** Mary Romeyn,1998-03-16 Treating HIV with Nutrition Nutrition and HIV addresses the issues of nutrition and HIV fromthe perspective of the patient as well as the physician Everyonewho is interested in the problems of and solutions to nutritionaltherapy in HIV owes it to themselves to read this book Paul A Volberding M D director Center for AIDS Research SanFrancisco This reference book offers a sound nutritional model for sustainingand improving quality of life for HIV positive men and women Itoutlines an easy to follow program for the prevention and treatmentof weight loss a common problem that if left untreated could leadto serious health decline or even death Critical Reading, Critical Thinking Richard Pirozzi,2000 Critical Reading Critical Thinking offers a brief review of important developmental reading skills followed by a sequence of chapters covering critical reading This is the first developmental reading text to take a contemporary issues approach The examples and readings are all taken from today s headlines and news shows The readings in Critical Reading Critical Thinking range from animal rights to European integration to teen pregnancy to religious and cultural clashes in the United States *Red Book 2003* Medical Economics,PDR Staff,Harold E Cohen,2003 reliable source of pricing information on over 100 000 prescription drugs OTC medicines and reimbursable medical supplies includes interactions data and FDA approved new molecular entities **Drug Facts and Comparisons** ,2011 Comprehensive drug information reference source intended for health professionals Arranged by therapeutic drug classes Each entry monograph gives detailed information covering such topics as actions adverse reactions and overdosage General index *Red Book* ,2010 IEG Sponsorship Sourcebook ,2001 **Sports Supplement Review** Vince Andrich,2001 **Inside Triathlon** ,2002 **Velo News** ,2000 **F&S Index United States Annual** ,1997

Unveiling the Magic of Words: A Overview of "**Nutritional Guide For Met Rx 180**"

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