MET-Rx Worldwide Products at FitnessWorks

Pure Protein Shakes ~ Post-Workout

- 35g protein
- 2 – 4g carbs
- Low in fat, sugar and calories
- Flavors (Chocolate, Vanilla, Cookies 'n Cream, Strawberry, Banana)

Colossal RTD ~ Post-Workout

- Meal Replacement shake
- 40g protein
- 28-29g carbs
- 5g Fiber
- Vitamins / Minerals
- Flavors (Chocolate Milkshake, Cookies 'n Cream, Peanut Caramel Swirl)

RTD 51 ~ Post-Workout

- 51g protein
- 4 – 6g carbs
- Low in fat
- Flavors (Chocolate, Vanilla, Cookies 'n Cream)

NOS Pumped ~ Pre/During Workout Endurance

- 200mg caffeine
- AKG (increases blood flow to the muscles).
- Citrulline Malate (increases aerobic exercise – endurance).
- Available in Watermelon

ISO42 ~ Post-Workout

- Post workout
- 42g of Whey Isolate
- 7 – 8g carbs
- Lactose free
- Available in Fruit Punch and Grape

Amped ~ Pre-Workout Energy

- 200mg caffeine
- AKG (increases blood flow to the muscles)
- Yohimbe
- BCAA (branch-chain amino acids – leucine, isoleucine, valine)
- Available in Blue Inferno

Diet Sonic Tea ~ Pre/During Workout Energy

- Pre-workout drink
- 100mg caffeine
- 10 calories and 0g sugar
- 4 Tea blend (Green Tea, Black Tea, Rooibos Tea, Yerba Mate Tea)
- Available in Lemon and Raspberry

Carbo Rush ~ Pre/During Workout Endurance

- Non-stimulant
- 65g carbs and 2g sugar
- Available in Fruit Punch