

He wasn't born a Super Hero

With this nutrient rich, low fat food, Troy Aikman has been able to throw for over seven miles, win three SUPER BOWLS, bounce back from 3 career threatening injuries and still become one of America's most eligible bachelors.



MET-Rx
ENGINEERED NUTRITION



Total Nutrition Drink Mix
NET WEIGHT 3.3 OZ (1.12 grams)

Chances are, you're eating too many carbohydrates and not enough protein. Research shows that physically active adults may need as much as two times the U.S. RDA of protein, because protein in muscle tissue is broken down by the mechanical and metabolic stresses of exercise. A diet rich in high-quality, easily digested proteins, complex carbs, vitamins and minerals can help increase and enhance training results. That's why so many pro athletes like Troy Aikman are turning on to **MET-Rx ENGINEERED NUTRITION**. A single serving of **MET-Rx** drink mix provides 27 grams of our exclusive high-quality protein called **METAMYOSYN™**, plus the essential nutrients your body needs, with only 2 grams of fat and 260 calories – far less than the cost of a fast food meal. **MET-Rx WORKS**. And it's great tasting. Just ask any top athlete.

Available at *GNC, fine supermarkets, health food stores and fitness facilities everywhere.*

For more information call our customer service line
1-800-33-METRX



Food That Makes A Difference.