TAMPER RESISTANT: DO NOT USE IF FOIL WRAPPER IS TORN OR MISSING.

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

Nutrition Facts

Serving Size 1 Bar (100g)

Amount Per Serving	
Calories	400
Calories from Fat	110
	%Daily Value*
Total Fat 12g	19%
Sat. Fat 6g	31%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 570mg	24%
Potassium 250mg	7%
Total Carbohydrate 44g	15%
Dietary Fiber 2g	9%
Sugars 27g	
Protein 31g	63%
Vitamin A	35%
Vitamin C	30%
Calcium	20%
Iron	15%
Vitamin E	35%
Thiamin	35%
Riboflavin	35%
Niacin	35%
Vitamin B-6	30%
Folic Acid	45%
Vitamin B-12	30%
Biotin	35%
Pantothenic Acid	35%
Phosphorous	25%
Iodine	35%
Magnesium	10%
Zinc	40%
Copper	50%

*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
Cholest	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carb.		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

NEW & IMPROVED!

MET-Rx®

BIG 100 COLOSSAL

Meal Replacement Bar

Net Wt. 3.52 oz. (100 g)

PEANUT BUTTER CARAMEL CRUNCH

Naturally Flavored

Includes Metamyosyn® Protein!

31g PROTEIN

0g TRANS FAT

INGREDIENTS: Caramel (Corn Syrup, Sugar, High Fructose Corn Syrup, Sweetened Condensed Milk, Palm Kernel Oil, Butter, Milk Protein, Soy Lecithin, Salt, Vanilla Extract), Whey Crisps (Whey Protein Concentrate, Corn Starch), Soy Crisps (Soy Protein Isolate, Tapioca Starch, Salt), Coating (Sugar, Fractionated Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Milk Powder, Soy Lecithin, Natural Flavor), Corn Syrup, Natural Flavor, Glycerin, Peanuts, Water, METAMYOSYN® V100 Protein Blend (Whey Protein Isolate, Milk Protein Isolate, Whey Protein Concentrate, Dried Egg White, L-Glutamine), Milk Chocolate Drops (Sugar, Whole Milk Powder, Chocolate Liquor, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Vanilla Flavor), Peanut Flour, Dry Roasted Peanuts, Vitamin and Mineral Blend (Ascorbic Acid, Tricalcium Phosphate, d-alpha Tocopheryl Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, d-Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin), Xanthan Gum, Dipotassium Phosphate, Wheat Germ, Almond Meal.

Manufactured in the USA for **MET-Rx USA, Inc.**, Boca Raton, FL 33487 ©2007

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

MET-Rx WORLD'S STRONGEST MAN

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