

Directions: Adults, for best results drink 8-11 ounces of water or other liquid with this bar.

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

### Nutrition Facts

Serving Size 1 Bar (100g)

Amount Per Serving	
<b>Calories</b>	370
Calories from fat	35
%Daily Value*	
<b>Total Fat</b> 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 20mg	6%
<b>Sodium</b> 220mg	9%
<b>Potassium</b> 610mg	17%
<b>Total Carbohydrate</b> 55g	18%
Dietary Fiber 2g	7%
Sugars 24g	
<b>Protein</b> 27g	51%
Vitamin A	50%
Vitamin C	50%
Calcium	30%
Iron	50%
Vitamin E	50%
Thiamin	50%
Riboflavin	50%
Niacin	50%
Vitamin B-6	50%
Vitamin B-12	60%
Biotin	50%
Pantothenic Acid	50%
Phosphorus	6%
Iodine	50%
Magnesium	2%
Zinc	50%
Copper	50%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

## MET-Rx

# BIG 100

Meal Replacement Bar

### CHOCOLATE CHIP GRAHAM CRACKER

Naturally Flavored

Net Wt. 3.52 oz. (100 g)

Includes  
Metamysyn® Protein!

**27g** **0g**  
**PROTEIN** **TRANS FAT**

**INGREDIENTS:** Corn Syrup, METAMYOSYN® V100 Protein Blend (Milk Protein Concentrate, Calcium Sodium Caseinate, Whey Protein Isolate, Whey Protein Concentrate, Dried Egg White, L-Glutamine), Brown Rice Syrup, Glycerin, Natural Flavors, Cookie Bits (Wheat Flour, Sugar, Canola Oil, Cocoa (processed with alkali), Salt, Sodium Bicarbonate), Graham Cookie Squares (Sugar, Wheat Flour, Canola Oil, Maltodextrin, Honey), Baking Soda, Salt, Propylene Glycol Monoester, Caramel Color, Natural Flavor, Annatto Color), Whey Crisps (Whey Protein Concentrate, Corn Starch), Crystalline Fructose, Canola Oil, Maltodextrin, Potassium Chloride, Vitamin and Mineral Blend (Ascorbic Acid, Ferrous Fumarate, 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), Soy Lecithin, Wheat Germ, Peanut Flour, 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](http://www.MET-Rx.com)



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