

METHOD MAN

Releases 'The Meth Lab' Album
Today via Tommy Boy Entertainment
Full album stream on [Spotify](#).



Watch "The Meth Lab" Official Music Video: <https://youtu.be/6UpzFdpr-Mc>

Purchase 'The Meth Lab' on iTunes: <http://smarturl.it/themethlabalbum>

New York, NY – August 21, 2015 – It had been nearly a decade since the world was treated to new official music from celebrated rapper and pop-culture icon, **Method Man**, and now the wait is over! The Wu-Tang Clan's most successful member just unleashed his highly anticipated collaborative project, '*The Meth Lab*,' today via **Hanz On Music/Tommy Boy** (Ghostface Killah, Sheek Louch). Recorded in Staten Island and featuring lifelong cohorts Redman, Raekwon, Hanz On, Streetlife, Inspectah Deck, and more, the album is full of Mef's signature swagger and unrivaled cadence. Listen to [Mef and Ebro one hour interview](#) on Beats1 last night.

Method Man Online:

<https://twitter.com/methodman>
<https://instagram.com/methodmanofficial>
<https://methodman.bandcamp.com/>
www.tommyboy.com



'The Meth Lab' album is now available in multiple formats including Deluxe Digipak, Standard Jewel Case, and will include a Limited Collectable 2xLP, Gatefold Packaging with Crystal Blue Virgin Vinyl (see unboxing vid [here](#)). Limited Direct to Fan Bundles are also available exclusively available via [Bandcamp](#).

The Meth Lab Deluxe Album Track Listing

1. Intro
2. The Meth Lab (feat. Hanz On, Streetlife)
3. Straight Gutta (feat. Redman, Hanz On, Streetlife)
4. Bang Zoom (feat. Hanz On, Streetlife, Eazy Get Rite)
5. 50 Shots (feat. Mack Wilds, Streetlife, Cory Gunz)
6. The Pledge (Hanz On, Streetlife)
7. 2 Minutes of Your Time
8. Worldwide (feat. Hanz On, Uncle Murda, Chedda Bang)
9. Soundcheck (feat. Hanz On, Carlton Fisk)
10. Water (feat. Chedda Bang)
11. Lifestyles (Cardi, Eazy Get Rite, Freaky Marciano)
12. The Purple Tape (feat. Raekwon, Inspectah Deck)
13. Intelligent Meth (feat. Masta Killa, Streetlife, iNTeLL)
14. Symphony (feat. Hanz On, Streetlife, Kash Verrazano, Carlton Fisk, Killa Sin)
15. What You Getting Into (feat. Streetlife, Donny Cacsh)
16. Another Winter (feat. Hanz On, Streetlife, Carlton Fisk)
17. Rain All Day (feat. Hanz On, Dro Pesci)
18. So Staten (feat. Hanz On, Hue Hef)
19. Outro

What the press is saying about *The Meth Lab*:

"His first album since 2006 is a proudly nostalgic testament to the Shaolin way, full of vintage, gritty, New York beats... and a chill, shooting-the-shit vibe: 'zero drama, I'm such a vet/No need for checkin' my cuts, just cut the check' Meth rhymes. Hip-Hop styles come and go, But Wu-Tang is forever." – Rolling Stone

"The Meth Lab finds Wu-Tang's breakout star rediscovering the animated gruff charisma that made 1994's debut Tical such a keeper... Method Man is all about swaggering confidence and masterful flows. He's still got it." - MOJO

"Seventeen years after Ol' Dirty Bastard coined the 'Wu-Tang is for the children' mantra at the Grammys, The Meth Lab is as likely as any recent Wu-affiliated album to hook a new generation of fans." – Consequence of Sound

"9 out of 10" - Mix Mag