FOR MAXIMUM RESULTS, TAKE FOUR (4) SCOOPS WITH 16 OZ. WATER IMMEDIATELY FOLLOWING YOUR WORKOUT.

MET-RX® XTREME SIZE UP®

MET-RX® XTREME SIZE UP® HAS ONE OF THE HIGHEST PROTEIN CONTENTS PER SERVING ON THE MARKET. PROVIDING 60G OF PROTEIN AND 600 CALORIES PER SERVINGO. XTREME SIZE UP® SHOULD BE YOUR ONLY CHOICE FOR SERIOUS MASS GAINING!*

IF YOU ARE ONE OF THOSE PEOPLE WHO HAVE A TOUGH TIME PACKING ON SOLID. POWERFUL MASS, TRY MET-RX® XTREME SIZE UP®. SPECIALLY DESIGNED FOR HARD GAINERS WHO WANT TO GAIN WEIGHT AND PACK ON MASS.*

MET-RX® XTREME SIZE UP® FEATURES FOUR OPTIMIZER BLENDS TO HELP YOU KEEP GROWING WHEN OTHER WEIGHT GAINERS QUIT!* OUR SPECIALLY SELECTED NUTRIENTS ARE DESIGNED TO MEET YOUR BODY'S NEEDS FOR BOTH IMMEDIATE AND SUSTAINED **ENERGY AND PROTEIN SYNTHESIS.***

The Secret is the Source of Protein!

METAMYOSYN® Muscle Mass Optimizer Blend combines the trusted METAMYOSYN® protein blend, with extra Whey Protein and Creatine, to provide sustained, highly binavailable fuel for your body's protein needs.

A combination of fast and slow proteins results in a more prolonged absorption rate allowing extended muscle-amino delivery.* By extending the delivery of all essential amino acids to your muscles, MET-Rx® Xtreme Size Up® helps to stop you from going into a catabolic state which can otherwise lead to muscle loss.*

MET-Rx® METAMYOSYN® Muscle Mass Optimizer Blend utilizes complete proteins from MultiVitamin Optimizer Blend packed with a rich source of specially selected vitamins the finest sources to ensure every amino acid required by your muscles is supplied.*

Complex Carb Optimizer Blend contains high fiber and top-quality complex carbs to intensify the time release effects of the METAMYOSYN® Muscle Mass Optimizer Blend and keep you pumped with nutrients for a longer period.* This specialized blend contains 64g of complex carbs, providing about 80% of the total carbohydrates in MET-Rx® Xtreme Size Up® (79g total carbs).

MET-Rx® Xtreme Size Up® is formulated with no fructose, so you won't experience the dreaded crash and burn that comes from consuming sugar-laden formulas. Keep your mind energized with complex carbs so you can keep training and growing!

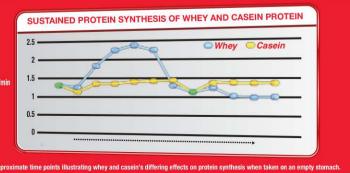
MET-Rx® Xtreme Size Up® contains both quick digesting MCTs and slower digesting

and minerals essential to carbohydrate and protein metabolism.* Optimal intake of key vitamins and minerals is especially important when following a high-calorie diet and exercise program for mass gains, in order to assure proper usage and muscle metabolism of ingested calories.* You can rest assured that our comprehensive blend of the right vitamins and minerals will complement your nutrition plan to support your bodybuilding goals and optimal health.*

In order to make serious gains, you need to train hard, get lots of rest, and take in plenty of key nutrients. MET-Rx[®] Xtreme Size Up[®] makes it easy to get the high quality protein. complex carbs and essential nutrients that are important for a serious, intensive training

Lean Lipid Optimizer Blend contains just the right amount of dietary fats per serving. We know that your goal in your workout is to pack inches onto your biceps rather than your waist, so we didn't compromise quality with loads of unhealthy fats that could slow down

flaxseed and sunflower fats, which allows for increased energy availability over an



MET-RX MARKET CHOCOLATE Naturally and Artificially Flavored

LEAN MASS & STRENGTH*

XTREME

ONE OF THE HIGHEST PROTEIN **CONTENTS PER SERVING ON THE**

- >> 60G PROTEIN >>> 600 CALORIES >>
- **>>> 3G** CREATINE◊
 - **>>> 3G** GLUTAMINE◊
- >> 64G HIGH-QUALITY COMPLEX CARBS!

Oper 4 scoop serving

DIETARY SUPPLEMENT

NET WT. 6 LB. (2.721 kg)

Directions: For adults, add four (4) scoops (600 calories) (167g) to Ingredients: Complex Carb Optimizer Blend (Maltodextrin, Rice 16 ounces of cold water and mix thoroughly in a blender or shaker. Bran, Oat Fiber), Metamyosyn® Muscle Mass Optimizer Blend (Whey For increased calories, use 16 ounces of skim milk (772 total Protein Concentrate Milk Protein Concentrate Calcium Sodium calories) or 2% milk (844 total calories) instead of water. Increase Caseinate, Creatine Monohydrate, L-Glutamine, Dried Egg White), Cocoa (processed with alkali). MultiVitamin Optimizer Blend or decrease the amount of liquid to achieve desired consistency. Drink immediately for best results. As a reminder discuss the (Dipotassium Phosphate, Calcium Lactate, Dicalcium Phosphate, Potassium Citrate, Potassium Chloride, Sodium Citrate, Tricalcium supplements and medications you take with your health care Phosphate, Ascorbic Acid, dl-Alpha Tocopheryl Acetate, Ferrous

Supplement Facts

21 mg

1.2 mg

400 mcg

3 mcg

180 mcg

4 mg

13 mg

64 mca

28 mcg

60 mcg

0.8 mg

1.5 mg 63 mca

265 ma

420 mg

1,620 mg

*Percent Daily Values are based on a 2,000 calorie diet.

3.000 mg (3.0 g)

3,000 mg (3.0 g)

59 mg

874 mg

1,105 ma

Servings Per Container about 16

Amount Per Serving

Vitamin B-6

Folic Acid

Vitamin B-12

Phosphorus

Magnesium

Copper Manganese Chromium

Molybdenum

Chloride

Sodium

Potassium

L-Glutamine

Creatine Monohydrate

Pantothenic Acid

Calones	000			Chain Triglycerides, Sunflower Oil, Flaxseed		
Calories from Fat	70			Sov Lecithin, Xa		
Total Fat	7	g	11%**	Carrageenan, Suc		
Saturated Fat	4.5	g	22%**	Acesulfame Potassium, Mannitol. Contains milk, egg and soy ingredients.		
Cholesterol	60	mg	20%			
Total Carbohydrate	79	g	26%**	Typical Amino	Acid Profile (m	illigrams
Dietary Fiber	8	g	32%**	Essential Am	None	
Sugars	6	g	***	Histidine	1,356 mg	Alanine
Protein	60	g	121%**	Isoleucine Leucine Lysine Methionine Phenylalanine Threonine Tryptophan**** Valine	2,734 mg 5,017 mg 4,249 mg 1,317 mg 2,266 mg 2,592 mg 671 mg 3,137 mg	Arginine Aspartic Cysteine Glutamic Glycine Proline Serine Tyrosine
Vitamin A (50% as Beta-Carote	4,500 ene)	IU	90%			
Vitamin C	60	mg	100%			
Vitamin D	240	IU	60%			
Vitamin E	45	IU	150%			
Vitamin K	40	mcg	50%			
Thiamin	0.9	mg	64%	****L-Tryptophan is naturally occurring, not added *****approximate values **These attempts have set been evaluated by the F		
Riboflavin	1	mg	60%			

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Fumarate, Niacinamide, Zinc Oxide, d-Calcium Pantothenate, Copper

Sulfate, Manganese Sulfate, Beta-Carotene, Pyridoxine Hydrochlo-

ride, Thiamin Hydrochloride, Vitamin A Palmitate, Biboflavin, Folic, Acid. Chromium Picolinate, Biotin, Sodium Molybdate, Potassium

lodide, Sodium Selenite, Phytonadione, Cholecalciferol, Cyanoco-

balamin), Natural and Artificial Flavors, Partially Hydrogenated

Coconut Oil, Corn Syrup Solids, Lean Lipid Optimizer Blend (Medium

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical procedure or have any medical condition, consult your doctor before use. Avoid this product if you have kidney disease. Discontinue use and consult your doctor if any adverse reactions occur. Not intended for use by persons under the age of 18.

KEEP OUT OF REACH OF CHILDREN, STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT, TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN

Contents are sold by weight. Some settling may occur.

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.



Manufactured in the USA by MET-Rx Nutrition, Inc. Boca Raton, FL 33487 @2012 Questions? Call toll free 1-800-55-MET-Rx



per 167 g serving****

ssential Amino Acids

1,665 mg 4,250 mg 628 mg 9,222 mg

950 mg 4,351 mg 2,684 mg 2,340 mg

To learn more, please go to www.MET-Rx.com