POST-WORKOUT **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 4 SCOOP SERVING◊, 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!* 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 bioavailable 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 the finest sources to ensure every amino acid required by your muscles is supplied.*

Energizing Carb Optimizer Blend contains high fiber and glycogen-building carbs that work hand-in-hand with the Muscle Mass Optimizer Blend.* This specialized blend contains over 70g of carbs per serving to keep your muscles fully loaded with this important macronutrient.*

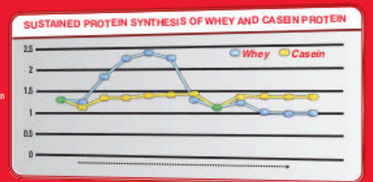
MET-Rx® Xtreme Size Up® is formulated with no fructose, so you won't experience the dread of crash and burn that comes from consuming sugar-laden formulas. Keep your mind energized with carbs so you can keep training and growing!*

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 your progress.

MET-Rx® Xtreme Size Up® contains both quick digesting MCTs and slower digesting flaxseed and sunflower fats, which allows for energy availability over an extended time period.*

Multi Vitamin Optimizer Blend is packed with specially selected vitamins 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 assume 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 body-building 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, energizing carbs and essential nutrients that are important to a serious, intensive training program.*



Approximate time points illustrating whey and casein's differing effects on protein synthesis when taken on an empty stomach.

LEAN MASS & STRENGTH*

MET-Rx®

XTREME

SIZE UP®

ONE OF THE HIGHEST PROTEIN CONTENTS PER SERVING ON THE MARKET

- **60G** PROTEIN◊
- **600** CALORIES◊
- **3G** CREATINE◊
- **3G** GLUTAMINE◊
- **79G** ENERGIZING CARBS!◊

◊per 4 scoop serving

VANILLA
Naturally and Artificially Flavored

LEARN MORE by scanning QR CODE with your Smart Phone ❯❯❯❯❯❯❯❯❯❯❯❯❯❯❯❯

DIETARY SUPPLEMENT

NET WT. 6 LB. (2.721 kg)

Directions: For adults, add four (4) scoops (600 calories) (167g) to 16 ounces of cold water and mix thoroughly in a blender or shaker. For increased calories, use 16 ounces of skim milk (772 total calories) or 2% milk (844 total calories) instead of water. Increase or decrease the amount of liquid to achieve desired consistency. Drink immediately for best results. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 4 Scoops (167 g)
Servings Per Container about 16

Amount Per Serving		%Daily Value
Calories	600	
Calories from Fat	60	
Total Fat	6 g	10%**
Saturated Fat	4 g	19%**
Cholesterol	65 mg	22%
Total Carbohydrate	79 g	27%**
Dietary Fiber	5 g	23%**
Sugars	6 g	***
Protein	60 g	120%**
Vitamin A (50% as Beta-Carotene)	4,500 IU	90%
Vitamin C	59 mg	99%
Vitamin D	240 IU	60%
Vitamin E	45 IU	150%
Vitamin K	40 mcg	50%
Thiamin	0.8 mg	59%
Riboflavin	1 mg	60%
Niacin	21 mg	105%
Vitamin B-6	1.2 mg	61%
Folic Acid	400 mcg	100%
Vitamin B-12	3 mcg	51%
Biotin	180 mcg	60%
Pantothenic Acid	3.8 mg	38%
Calcium	1,345 mg	135%
Iron	9.5 mg	52%
Phosphorus	911 mg	91%
Iodine	64 mcg	42%
Magnesium	50 mg	12%
Zinc	7 mg	47%
Selenium	28 mcg	40%
Copper	0.7 mg	40%
Manganese	1.5 mg	76%
Chromium	48 mcg	40%
Molybdenum	60 mcg	80%
Chloride	670 mg	20%
Sodium	500 mg	21%
Potassium	1,710 mg	49%
L-Glutamine	3,000 mg (3.0 g)	***
Creatine Monohydrate	3,000 mg (3.0 g)	***

*Percent Daily Values are based on a 2,000 calorie diet.
***Daily Value not established.

Ingredients: Energizing Carb Optimizer Blend (Maltodextrin, Rice Bran, Oat Fiber), Metamyosyn® Muscle Mass Optimizer Blend (Whey Protein Concentrate, Milk Protein Concentrate, Calcium Sodium Caseinate, Creatine Monohydrate, L-Glutamine, Dried Egg Whites), Multi Vitamin Optimizer Blend (Dipotassium Phosphate, Potassium Chloride, Calcium Lactate, Dicalcium Phosphate, Tricalcium Phosphate, Potassium Citrate, Sodium Citrate, Ascorbic Acid, dl-Alpha Tocopheryl Acetate, Ferrous Fumarate, Niacinamide, Zinc Oxide, d-Calcium Pantothenate, Copper Sulfate, Manganese Sulfate, Vitamin A Palmitate, Beta-Carotene, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Folic Acid, Chromium Picolinate, Biotin, Potassium Iodide, Sodium Molybdate, Phytonadione, Sodium Selenite, Cyanocobalamin, Cholecalciferol), Natural and Artificial Flavors, Partially Hydrogenated Coconut Oil, Cellulose Gum, Xanthan Gum, Lean Lipid Optimizer Blend (Medium Chain Triglycerides, Sunflower Oil, Flaxseed Powder), Corn Syrup Solids, Guar Gum, Carrageenan, Acesulfame Potassium, Soy Lecithin, Salt, Sodium Caseinate, Sucralose, Mono- and Diglycerides, Gelatin.

Contains milk, egg and soy ingredients.

Typical Amino Acid Profile (milligrams per 167 g serving**)**

Essential Amino Acids		Nonessential Amino Acids	
Histidine	1,366 mg	Alanine	2,007 mg
Isoleucine	2,819 mg	Arginine	1,679 mg
Leucine	5,154 mg	Aspartic Acid	4,409 mg
Lysine	4,363 mg	Cysteine	678 mg
Methionine	1,333 mg	Glutamic Acid	9,259 mg
Phenylalanine	2,286 mg	Glycine	970 mg
Threonine	2,687 mg	Proline	4,360 mg
Tryptophan****	693 mg	Serine	2,730 mg
Valine	3,193 mg	Tyrosine	2,360 mg

**** L-Tryptophan is naturally occurring, not added.
****approximate values

*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.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, planning any medical or surgical 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 OR MISSING.

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.

MET-Rx®
Shaping Every Body.

Manufactured in the USA by
MET-Rx Nutrition, Inc.
Boca Raton, FL 33487
©2013
Questions? Call toll free
1-800-55-MET-Rx
To learn more, please go to
www.MET-Rx.com

15823 07F B15823 HAC

7 80560 15823 7