

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 590 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!

METAMIOSYN® Muscle Mass Optimizer Blend combines the trusted METAMIOSYN® 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® METAMIOSYN® 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 dreaded crash and burn that comes from consuming sugar-laden formulas. Keep your

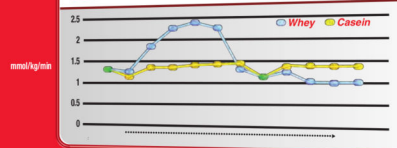
mind and muscles energized with carbs so you can keep training and growing!†

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 fats that could slow down your progress.

MultiVitamin 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 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 body-building or fitness goals.\*

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 for a serious, intensive training program.\*

SUSTAINED PROTEIN SYNTHESIS OF WHEY AND CASEIN PROTEIN



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

MET-Rx®

XTREME SIZE UP®



VANILLA  
Naturally and Artificially Flavored

ONE OF THE HIGHEST PROTEIN CONTENTS PER SERVING ON THE MARKET

- » 60G PROTEIN◇ » 590 CALORIES◇
- » 3G CREATINE◇ » 3G GLUTAMINE◇
- » 80G ENERGIZING CARBS!◇

NO FRUCTOSE OR ASPARTAME

DIETARY SUPPLEMENT

LEAN MASS & STRENGTH\*

◇per 4 scoop serving

NET WT. 6 LB. (2.721 kg)

**Directions:** For adults, add four (4) scoops (590 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 (756 total calories) or 2% milk (834 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                         | 590                  |
| Calories from Fat                | 60                   |
| Total Fat                        | 6 g 9%***            |
| Saturated Fat                    | 4 g 20%***           |
| Cholesterol                      | 65 mg 22%            |
| Total Carbohydrate               | 80 g 27%***          |
| Dietary Fiber                    | 5 g 20%***           |
| Sugars                           | 7 g ***              |
| Protein                          | 60 g 120%***         |
| Vitamin A (50% as Beta-Carotene) | 4,500 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 59%           |
| Riboflavin                       | 1 mg 59%             |
| Niacin                           | 21 mg 105%           |
| Vitamin B-6                      | 1.2 mg 62%           |
| Folic Acid                       | 400 mcg 100%         |
| Vitamin B-12                     | 3 mcg 50%            |
| Biotin                           | 180 mcg 60%          |
| Pantothenic Acid                 | 4 mg 41%             |
| Calcium                          | 1,319 mg 132%        |
| Iron                             | 10 mg 55%            |
| Phosphorus                       | 910 mg 91%           |
| Iodine                           | 60 mcg 40%           |
| Magnesium                        | 50 mg 12%            |
| Zinc                             | 7 mg 49%             |
| Selenium                         | 28 mcg 40%           |
| Copper                           | 0.8 mg 42%           |
| Manganese                        | 1.5 mg 75%           |
| Chromium                         | 49 mcg 41%           |
| Molybdenum                       | 60 mcg 80%           |
| Chloride                         | 644 mg 19%           |
| Sodium                           | 500 mg 21%           |
| Potassium                        | 1,710 mg 49%         |
| Creatine Monohydrate             | 3,000 mg (3.0 g) *** |
| L-Glutamine                      | 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), Metamiosyn® Muscle Mass Optimizer Blend (Whey Protein Concentrate, Milk Protein Concentrate, Calcium Sodium Caseinate, Creatine Monohydrate, L-Glutamine, Dried Egg White), MultiVitamin Optimizer Blend (Dipotassium Phosphate, Potassium Chloride, Dicalcium Phosphate, Calcium Lactate, Tricalcium Phosphate, Potassium Citrate, Sodium Citrate, Ascorbic Acid, di-Alpha Tocopheryl Acetate, Ferrous Fumarate, Niacinamide, Zinc Oxide, d-Calcium Pantothenate, Copper Sulfate, Manganese Sulfate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Beta-Carotene, Thiamin Hydrochloride, Riboflavin, Folic Acid, Chromium Picolinate, Biotin, Sodium Molybdate, Potassium Iodide, Sodium Selenite, Phytanediol, Cholecalciferol, Cyanocobalamin), Natural and Artificial Flavors, Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Cellulose Gum, Xanthan Gum, Lean Lipid Optimizer Blend (Medium Chain Triglycerides, Sunflower Oil, Flaxseed Powder), Soy Lecithin, Guar Gum, Carrageenan, Acesulfame Potassium, Salt, Sodium Caseinate, Mono- and Diglycerides, Sucralose, Gelatin. Contains milk, egg and soy ingredients.

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

| Essential Amino Acids  | Nonessential Amino Acids |
|------------------------|--------------------------|
| Histidine 1,301 mg     | Alanine 1,981 mg         |
| Isoleucine 2,798 mg    | Arginine 1,616 mg        |
| Leucine 5,154 mg       | Aspartic Acid 4,409 mg   |
| Lysine 4,363 mg        | Cysteine 678 mg          |
| Methionine 1,305 mg    | Glutamic Acid 9,259 mg   |
| Phenylalanine 2,260 mg | Glycine 958 mg           |
| Threonine 2,656 mg     | Proline 4,306 mg         |
| Tryptophan**** 693 mg  | Serine 2,676 mg          |
| Valine 3,191 mg        | Tyrosine 2,286 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®**  
YOU CAN'T FAKE STRONG™

Manufactured in the USA with select ingredients from around the world for

MET-Rx Nutrition, Inc.  
Boca Raton, FL 33487

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Questions? Call toll free  
1-800-55-MET-Rx

To learn more, please go to  
[www.MET-Rx.com](http://www.MET-Rx.com)

