

MET-Rx® XTREME SIZE UP®

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 and clinically developed METAMYOSYN® protein blend, with extra Whey Protein, Creatine, Glutamine and naturally-occurring, high-quality BCAAs (Branched Chain Amino Acids) 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.*

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 anabolic nutrients for a longer period.* This specialized blend contains 67g 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!*

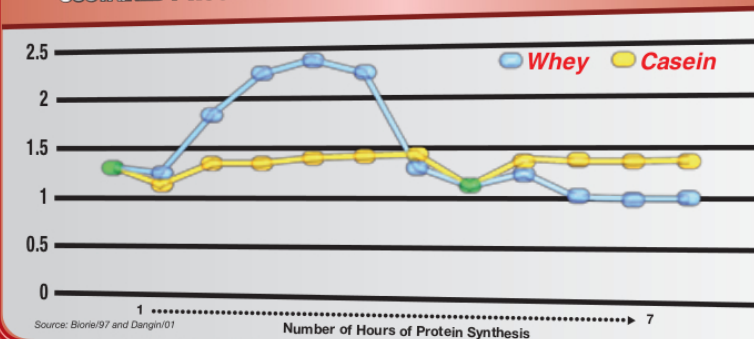
Lean Lipid Optimizer Blend contains just the right amount of dietary fats per serving. We know that your goal in your workout is to pack inches onto your biceps rather than your waist, so we didn't compromise quality with loads of unhealthy fats that could slow down your progress.

MET-Rx® Xtreme Size Up® contains both quick digesting MCTs and slower digesting flaxseed and sunflower fats, which allows for increased energy availability over an extended time period.* Best of all, there are no unhealthy trans-fats in our formula.

MultiVitamin Optimizer Blend packed with a rich source of 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 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 program.*

SUSTAINED 7-HOUR PROTEIN SYNTHESIS OF WHEY AND CASEIN PROTEIN



mmol/kg/min

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

To review abstracts from pertinent clinical and scientific studies, go to www.pubmed.com

REFERENCES:

1. Dangin, M., et al. The digestion rate of protein is an independent regulating factor of postprandial protein retention. Am J Physiol Endocrinol Metab. 2001. 250: E340-E348.
2. Boirie Y, et al. Slow and fast dietary proteins differently modulate postprandial protein accretion. Proc Natl Acad Sci USA. 1997;94:14930-5.
3. Demling, R.H., et al. Effect of a hypocaloric diet, increased protein intake and resistance training on lean mass gains and fat mass loss in overweight police officers. Ann Nutr & Metab. 2000. 44(1): 21-29.
4. Roy, B. et al. Macronutrient intake and whole body protein metabolism following resistance exercise. MSSE. 2000. 32(8) pg 1412-1418.

MET-Rx®

XTREME

SIZE UP®

»» REVOLUTIONARY METAMYOSYN® MUSCLE MASS FORMULA* ««

Vanilla

Naturally and Artificially Flavored

»» 60g Protein »» 600 Calories

»» 3g Creatine »» 3g Glutamine

»» 67g High-Quality Complex Carbs

»» No Fructose or Aspartame

DIETARY SUPPLEMENT • NET WT. 6 lbs. (2.721Kg)

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	3.5 g	18%**
Cholesterol	60 mg	20%
Total Carbohydrate	79 g	26%**
Dietary Fiber	5 g	22%**
Sugars	6 g	***
Protein	60 g	120%**
Vitamin A	4,500 IU	90%
(50% as Beta-Carotene)		
Vitamin C	60 mg	100%
Vitamin D	240 IU	60%
Vitamin E	45 IU	150%
Vitamin K	40 mcg	50%
Thiamin	1 mg	65%
Riboflavin	1 mg	61%
Niacin	21 mg	107%
Vitamin B-6	1.2 mg	64%
Folic Acid	400 mcg	100%
Vitamin B-12	3 mcg	51%
Biotin	180 mcg	60%
Pantothenic Acid	4 mg	41%
Calcium	1,547 mg	155%
Iron	8.5 mg	48%
Phosphorus	1,274 mg	127%
Iodine	60 mcg	40%
Magnesium	84 mg	21%
Zinc	6 mg	41%
Selenium	28 mcg	40%
Copper	0.8 mg	40%
Manganese	1.7 mg	89%
Chromium	50 mcg	42%
Molybdenum	60 mcg	80%
Chloride	643 mg	19%
Sodium	470 mg	20%
Potassium	1,830 mg	52%
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: Complex 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 White), MultiVitamin 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, Beta-Carotene, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Vitamin A Palmitate, Riboflavin, Folic Acid, Chromium Piccolinate, Biotin, Sodium Molybdate, Potassium Iodide, Sodium Selenite, Phytanadione, Cholecalciferol, Cyanocobalamin), Natural and Artificial Flavors, Cellulose Gum, Xanthan Gum, Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Lean Lipid Optimizer Blend (Medium Chain Triglycerides, Sunflower Oil, Flaxseed Powder), Guar Gum, Carrageenan, Soy Lecithin, Acesulfame Potassium, Sodium Caseinate, Salt, Mono- and Diglycerides, Sucralose, Gelatin, Mannitol.

Contains milk, egg and soy ingredients.

Essential Amino Acids (approximate values) per serving (167 g):	Nonessential Amino Acids (approximate values) per serving (167 g):
Histidine 1,388 mg	Alanine 2,028 mg
Isoleucine 2,852 mg	Arginine 1,703 mg
Leucine 5,219 mg	Aspartic Acid 4,454 mg
Lysine 4,417 mg	Cysteine 680 mg
Methionine 1,352 mg	Glutamic Acid 9,411 mg
Phenylalanine 2,322 mg	Glycine 983 mg
Threonine 2,717 mg	Proline 4,434 mg
Tryptophan**** 702 mg	Serine 2,767 mg
Valine 3,238 mg	Tyrosine 2,387 mg

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

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

*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.

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
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Questions? Call toll free 1-800-55-MET-Rx
To learn more, please go to
www.MET-Rx.com

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