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

MET-RX® XTREME SIZE UP® HAS ONE OF THE HIGHEST PROTEIN CONTENTS PER SERVING ON THE MARKET, PROVIDING 54G OF PROTEIN AND 620 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.

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 81g 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

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 bodybuilding or

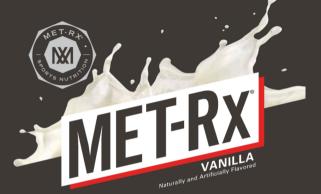
In order to make serious gains, you need to train hard, get lots of rest, and take in plenty of key nutrients. MET-Rx® Xtreme Size Up makes it easy to get the high quality protein, energizing carbs and essential nutrients that are important for a serious. intensive training program.

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

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.

*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.



XTREME SIZE UP

DIETARY SUPPLEMENT Net Wt. 6 lb. (2.721 kg)

CREATINE

CALORIES

Features Metamyosyn® **Build Muscle Mass &**

Boost Post-Workout Recovery¹

Supplement Facts

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

mount Per Serving			%Daily Value	Amount Per Serving		
alories	620			Biotin	180	mo
Calories from Fat	70			Pantothenic Acid	4	mg
otal Fat	8	g	12%**	Calcium	1,210	mg
Saturated Fat	3.5	g	18%**	Iron	8	mç
holesterol	70	mg	23%	Phosphorus	1,100	mg
otal Carbohydrate	81	g	27%**	lodine	66	mo
Dietary Fiber	6	g	24%**	Magnesium	74	mç
Sugars	7	g	***	Zinc	8	mg
rotein	54	g	108%**	Selenium	28	mo
itamin A (50% as Beta-Carotene)	4,500	IU	90%	Copper	0.86	mç
itamin C	60	mg	100%	Manganese	1.8	mç
itamin D	240	IU	60%	Chromium	54	mo
itamin E	45	IU	150%	Molybdenum	60	mo
itamin K	40	mcg	50%	Chloride	662	mç
hiamin	0.9	mg	60%	Sodium	500	mç
iboflavin	1	mg	59%	Potassium	1,790	mç
lacin	20	mg	100%	Creatine Monohydrate	3,000	mç
itamin B-6	1.2	mg	60%	L-Glutamine	3,000	mç
olic Acid	400	mcg	100%	**Percent Daily Values are based on a 2,000 calorie diet.		
itamin B-12	3	mcg	50%	***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 White), MultiVitamin Optimizer Blend (Dipotassium Phosphate, Potassium Chloride, Calcium Lactate, Dicalcium Phosphate, Tricalcium Phosphate, Potassium Citrate, Ascorbic Acid, dl-Alpha Tocopheryl Acetate, Ferrous Fumarate, Niacinamide, Zinc Oxide, Copper Gluconate, d-Calcium Pantothenate, Beta-Carotene, Manganese Sulfate, Pyridoxine Hydrochloride, Vitamin A Palmitate, Thiamin Hydrochloride, Riboflavin, Chromium Picolinate, Folic Acid, Biotin, Sodium Molybdate, Potassium Iodide, Sodium Selenite, Phytonadione, Cholecalciferol, Cyanocobalamin), Natural and Artificial Flavors, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- and Diglycerides, Natural Tocopherols), Cellulose Gum, Xanthan Gum, Lean Lipid Optimizer Blend (Medium Chain Triglycerides, Sunflower

Oil, Flaxseed Powder), Guar Gum, Soy Lecithin, Carrageenan, Acesulfame Potassium, Salt, Sodium Citrate, Dextrin, Sucralose, Gelatin Contains milk, egg and soy ingredients.

Directions: For adults, add four (4) scoops (620 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 (786 total calories) or 2% milk (884 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.





%Daily Value

44%

53%

43%

90%

45%

80%

21%

51%

180 mcg

1,210 mg

1,100 mg

74 mg

8 mg

28 mca

0.86 mg

1.8 ma

662 ma

1,790 mg

3.000 mg (3.0 g 3,000 mg (3.0 g)

54 mca