

MAXIMUM PERFORMANCE

WHAT DOES
SIZE ON® DO?

Accelerates Protein Synthesis & Muscle Force Recovery†

Increase Muscle Volume, Muscle Fiber Size, Cell Volume
& Plasma Amino Acid Levels†

INCREASES POWER & PERFORMANCE†

INHIBITS MUSCLE PROTEIN BREAKDOWN†

ENHANCES HYDRATION†

Includes Cyclic Dextrin Infused Carbohydrate Blend

ULTIMATE HYBRID INTRA-WORKOUT
AMINO ACID & CREATINE FORMULA

Gaspari Nutrition takes sports supplementation to their highest level yet, with SizeOn® - the Ultimate Hybrid Intra-Workout Amino Acid & Creatine Formula. The original SizeOn® became known as the "King of Creatines" and by utilizing the latest advances in clinical research, this award winning formula is better then ever! SizeOn® contains high quality whey hydrolysate, which is proven by clinical research to absorb even faster than free-form amino acids. SizeOn® also boasts a premium creatine formula, high-performance carbohydrates, a high dose of L-Leucine (4g), and many more anabolic-promoting ingredients. With proper rest and nutrition, Gaspari brings these carefully selected ingredients together for unparalleled increases. SizeOn® helps optimize athletic performance, skeletal muscle recovery, explosiveness and most notably, immediate increases in muscle size WHILE YOU ARE STILL TRAINING.†



24 SERVINGS



4g L-LEUCINE



HYBRID INTRA-WORKOUT WHEY HYDROLYSATE
CREATINE FORMULA WITH CARBOHYDRATE MATRIX

DIETARY SUPPLEMENT Net Wt. 3.59lbs. (1.63kg)

LEMON ICE NATURALLY & ARTIFICIALLY FLAVORED

Supplement Facts

Serving Size: 1 Scoop (68g)		
Servings Per Container: 24		
Amount Per Serving	% Daily Value‡	
Calories	190	
Calories from fat	0	
Total Fat	0g	0%
Cholesterol	15mg	5%
Total Carbohydrate	40g	13%
Dietary Fiber	0g	0%
Sugars (from Trehalose and Dextrose)	39g	**
Protein	7g	14%
Vitamin C (as ascorbic acid)	60mg	100%
Thiamin (as thiamin hydrochloride)	10mg	667%
Riboflavin (as riboflavin-5-phosphate)	7.6mg	447%
Niacin (as niacinamide)	50mg	250%
Folate (as folic acid)	200mcg	50%
Vitamin B12 (as methylcobalamin)	75mcg	1250%
Pantothenic Acid (as d-calcium pantothenate)	9mg	92%
Calcium	51mg	5%
Phosphorus	65mg	7%
Magnesium	45mg	11%
Sodium	235mg	10%
SIZEON BLEND	63g	
CARBOHYDRATE ENERGY MATRIX		**
Trehalose, Dextrose, Cyclic Dextrin, Pterostilbene		
PROTEIN SYNTHESIS ACCELERATION MATRIX		**
Whey Protein Hydrolysate, L-Leucine (4g), L-Isoleucine, L-Valine		
PHOSPHODRIVE ENDURANCE COMPLEX		**
Creatine Monohydrate, Creatine MagnaPower® (Magnesium Creatine Chelate), Disodium Creatine Phosphate		
OSMODRIVE ADVANCED HYDRATION COMPLEX		**
L-Taurine, Sodium Glycerophosphate, Calcium Glycerophosphate, Potassium Glycerophosphate, Sustamine® (L-Alanyl-L-Glutamine), Magnesium Glycyl Glutamine		
†Percent Daily Values are based on a 2,000 calorie diet.		
** Daily Value not established.		

OTHER INGREDIENTS: Citric Acid, Malic Acid, Salt, Silica, Natural and Artificial Flavors, Acesulfame Potassium, Sucralose.
ALLERGENS: Contains ingredients from milk and soy.

DIRECTIONS: SizeOn® is meant to be taken once per day, on training days WHILE you train, 5 - 6 days per week. Mix one scoop in 20-30 ounces of cold water and sip throughout your workout. Should the need arise, add more water as necessary throughout your workout for proper hydration.

WARNING: Seek the advice of a health care practitioner before use. Not suggested for use in children under the age of 18 or in people who have been diagnosed with hypertension, kidney disease, liver disease, metabolic syndrome, diabetes, or neoplastic condition such as cancer or thalassemia. Do not use if pregnant or nursing.
FOR STATE OF CALIFORNIA RESIDENTS ONLY (California Proposition 65). This product contains a chemical known to the State of California to cause birth defects or other reproductive harm.
KEEP OUT OF REACH OF CHILDREN.

NOTE: Do not store in direct sunlight, store in a cool dry place.



Sustamine® is a registered trademark of KYOWA HAKKO BIO Co., Ltd.

Creatine MagnaPower is a registered trademark of Albion Laboratories, Inc., covered by U.S. Patent 6,114,379 and patents pending.
Magnesium Glycyl Glutamine covered by U.S. Patent 5,888,553 and patents pending.

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†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.

WITH MEALS | PRE | DURING | POST | BETWEEN MEALS