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 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 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 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.*

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 nutrients for a longer period.* This specialized blend contains 64g of complex carbs, providing about 80% of the total carbohydrates in MET-Rx® Xtreme Size Up® (79g total carbs).

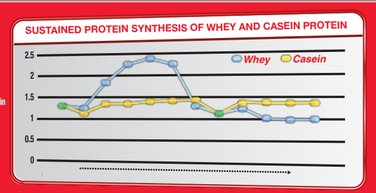
MET-Rx® Xtreme Size Up® is formulated with no fructose, so you won't experience the dreaded crash and burn that comes from consuming sugar-laden formulas. Keep your mind energized with complex carbs so you can keep training and growing!*

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.*

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.*



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

MET-Rx®

LEAN MASS & STRENGTH*

XTREME SIZE UP®

ONE OF THE HIGHEST PROTEIN CONTENTS PER SERVING ON THE MARKET

- **60G** PROTEIN◊
- **600** CALORIES◊
- **3G** CREATINE◊
- **3G** GLUTAMINE◊
- **64G** HIGH-QUALITY COMPLEX CARBS!◊

◊per 4 scoop serving

CHOCOLATE
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	70		
Total Fat	7	g	11%**
Saturated Fat	4.5	g	22%**
Cholesterol	60	mg	20%
Total Carbohydrate	79	g	26%**
Dietary Fiber	8	g	32%**
Sugars	6	g	***
Protein	60	g	121%***
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	64%
Riboflavin	1	mg	60%
Niacin	21	mg	105%
Vitamin B-6	1.2	mg	63%
Folic Acid	400	mcg	100%
Vitamin B-12	3	mcg	51%
Biotin	180	mcg	60%
Pantothenic Acid	4	mg	40%
Calcium	1,105	mg	111%
Iron	13	mg	70%
Phosphorus	874	mg	87%
Iodine	64	mcg	43%
Magnesium	59	mg	15%
Zinc	7	mg	48%
Selenium	28	mcg	40%
Copper	0.8	mg	42%
Manganese	1.5	mg	76%
Chromium	63	mcg	53%
Molybdenum	60	mcg	81%
Chloride	265	mg	8%
Sodium	420	mg	17%
Potassium	1,620	mg	46%
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), Cocoa (processed with alkali), MultiVitamin Optimizer Blend (Dipotassium Phosphate, Calcium Lactate, Dicalcium Phosphate, Potassium Citrate, Potassium Chloride, Sodium Citrate, Tricalcium Phosphate, 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 Picolinate, Biotin, Sodium Molybdate, Potassium Iodide, Sodium Selenite, Phytonadione, Cholecalciferol, Cyanocobalamin), Natural and Artificial Flavors, Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Lean Lipid Optimizer Blend (Medium Chain Triglycerides, Sunflower Oil, Flaxseed Powder), Cellulose Gum, Soy Lecithin, Xanthan Gum, Sodium Caseinate, Guar Gum, Carrageenan, Sucralose, Mono- and Diglycerides, Salt, Gelatin, Acesulfame Potassium, Mannitol.

Contains milk, egg and soy ingredients.

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

Essential Amino Acids		Nonessential Amino Acids	
Histidine	1,356 mg	Alanine	1,935 mg
Isoleucine	2,734 mg	Arginine	1,665 mg
Leucine	5,017 mg	Aspartic Acid	4,250 mg
Lysine	4,249 mg	Cysteine	628 mg
Methionine	1,317 mg	Glutamic Acid	9,222 mg
Phenylalanine	2,266 mg	Glycine	950 mg
Threonine	2,592 mg	Proline	4,351 mg
Tryptophan****	671 mg	Serine	2,684 mg
Valine	3,137 mg	Tyrosine	2,340 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 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
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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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