

**There is ZERO Doubt SizeOn™ Will:**

- ⊕ Accelerate Protein Synthesis & Muscle Force Recovery†
- ⊕ Increase Muscle Volume, Muscle Fiber Size, Cell Volume & Plasma Amino Acid Levels‡
- ⊕ Amplify S6K1 and 4E-BP1 Signaling and Hypertrophic mTOR Pathway Conduction‡
- ⊕ Initiate & Sustain Myogenesis and Muscle Recovery While You Are Still Training‡
- ⊕ Deliver Vital Nutrients, Essential Minerals, and Growth Cofactors To Skeletal Muscle Tissue‡
- ⊕ Harness the Insulintrophic and Anabolic Power of Pterostilbene‡

INFO [gasparinutrition.com](http://gasparinutrition.com)  
 EXPERIENCES [gaspariforum.com](http://gaspariforum.com)  
 GASPARI TV [gasparinutrition.tv](http://gasparinutrition.tv)



**FORMULA BASED ON VALID CLINICAL RESEARCH†**



**NEW AMINO ACID POWERHOUSE**



**THE ULTIMATE MASS MONSTER**

**HYBRID INTRA-WORKOUT WHEY HYDROLYSATE CREATINE FORMULA WITH OUTLAST® CARBOHYDRATE MATRIX**

**PROMOTES MAXIMAL MUSCLE VOLUME AND ACCELERATES PROTEIN SYNTHESIS‡**

**Supplement Facts**

Serving Size 1 Scoop (66 g)  
 Servings Per Container 24

Amount Per Serving	% Daily Value†
Calories	180
Calories from fat	0
Total Fat	0 g 0%
Saturated Fat	0 g 0%
Trans Fat	0 g *
Cholesterol	15 mg 5%
Total Carbohydrate	39 g 13%
Dietary Fiber	0 g 0%
Sugars (from Isomaltulose, D-glucose, and Trehalose)	37 g *
Protein	7 g 13%
Vitamin C (as ascorbic acid)	60 mg 100%
Thiamin (as thiamin hydrochloride)	10 mg 667%
Riboflavin (as riboflavin-5-phosphate)	7.6 mg 447%
Niacin (as niacinamide)	50 mg 250%
Vitamin B6 (as pyridoxine-5-phosphate)	16.8 mg 838%
Folate (as folic acid)	200 mcg 50%
Vitamin B12 (as methylcobalamin)	75 mcg 1250%
Pantothenic Acid (as d-calcium pantothenate)	9 mg 92%
Calcium	51 mg 5%
Phosphorus	103 mg 10%
Magnesium	45 mg 11%
Sodium	280 mg 12%
Potassium	125 mg 4%

<b>SizeOn Proprietary Blend</b>	<b>61 g</b>
<b>Outlast® Insutrapin Matrix</b>	*
Palatinose™ (Isomaltulose), D-glucose, Trehalose, Pterostilbene	
<b>Protein Synthesis Acceleration Matrix</b>	*
Whey Protein Hydrolysate, L-Leucine (5 g), L-Isoleucine, L-Valine, L-Ornithine-L-Aspartate	
<b>PhosphoDrive Endurance Complex</b>	*
Creapure® (Creatine Monohydrate), Creatine MagnaPower® (Magnesium Creatine Chelate), Disodium Creatine Phosphate	
<b>OsmoDrive Advanced Hydration Complex</b>	*
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: Malic acid, citric acid, natural and artificial flavors, salt, silica, sucralose, FD&C Red No. 40, acesulfame potassium.  
**ALLERGEN WARNING:** Milk

‡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.

**DRAMATIC RESULTS FAST • FULL MONTH SUPPLY**

Gaspari Nutrition took Sports Nutrition to the highest level with the original SizeOn™, the original intra-workout creatine drink. There wasn't any doubt it represented a serious innovative leap forward in the creatine category. The original SizeOn formula clearly demonstrated its effectiveness in a clinical setting and quickly became known as the *King of Creatines*. As clinical research advances, so does Gaspari Nutrition which is why SizeOn has now evolved into the *Ultimate Hybrid Intra-Workout Whey Hydrolysate Creatine Formula*. Once again Gaspari Nutrition raises the bar even higher in the sports nutrition industry!†

Your body requires that proteins from whole food, whey isolate, casein, etc., be broken down in a process called "hydrolyzation". This is an integral process which allows di and tripeptides to be absorbed and utilized for numerous processes including muscle building and repair. The problem is that while your muscles are starving for these nutrients (i.e., during exercise) your body *must* digest them into to smaller peptides. Research has shown that these are absorbed even faster than free form amino acids. For this reason Gaspari Nutrition uses a high quality whey hydrolysate that contains over 50% di and tripeptides as well as a large array of anabolic promoting ingredients such as a high dose of L-LEUCINE (5 grams) to allow for unparalleled increases in athletic performance, skeletal muscle recovery, explosiveness and most notably, immediate increases in muscle size *WHILE YOU ARE STILL TRAINING*.‡

Furthermore Gaspari Nutrition researchers have harnessed the power of pterostilbene which is our patent pending and brand new insulinogenic secretagogue picked specifically to work in concert with our famed and patent pending Outlast® carbohydrate blend. Outlast® is a patent pending blend of three complex sugar molecules that lasts up to 5X longer than plain maltodextrin. This powerful combination initiates and sustains muscle volumization and anabolism to levels never seen before in a sports nutrition product. Pterostilbene, is milligram per milligram, by far the most powerful insulinotropic compound ever utilized in a dietary supplement. To top it off, we also included LOLA™, our cutting-edge, ammonia scavenging amino acid salt of L-Ornithine and L-Aspartate to help battle fatigue. The bottom line is that Gaspari Nutrition has once again outdone itself and yet again redefined the very category it created.\*

Every single ingredient in SizeOn was selected specifically and solely for the scientific evidence to support efficacy and safety. You can be assured this product is formulated based on VALID scientific research and not overhyped nonsense which doesn't deliver the results you demand and pay for.‡

**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 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 advise 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, neoplastic condition such as cancer or thalassemia. Do not use if pregnant or nursing. **KEEP OUT OF REACH OF CHILDREN.**

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



Creapure is a registered trademark of AlzChem Trostberg GmbH, covered by US patent 5,719,319.

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.



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