

I developed **SIZE™** to specifically help hardgainers solve the frustrating dilemma of "How do I gain size?". **SIZE™** Anabolic Mass Gainer is a 100% natural, delicious, high calorie shake designed to help quickly pack on solid lean mass for hard gainers. This ultra dense formula provides **nearly 1000 muscle-building calories and 50 grams of high quality whey protein that you can easily shake up in one compact 16 oz. glass.**

**SIZES & DELICIOUS FLAVORS AVAILABLE**

- **8.8 lbs.**
- Vanilla Bean Ice Cream



- Double Chocolate Ice Cream



**SIZE**  
**Anabolic Mass Gainer**

**Supplement Facts**

Serving Size: 4 rounded scoops (226g)  
Servings per container: 18

	Amount / Serving	%DV
Calories	968	Calories from fat 162
Total Fat	18g	30%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	116mg	32%
Sodium	261mg	10%
Potassium	169mg	5%
Total Carbohydrate	150g	50%
Dietary Fiber	1g	4%
Sugars	79g	*
Protein	50g	100%

Vitamin A 0%    Vitamin C 0%  
Calcium 342%    Iron 0%

\* Daily Value Not Established

*Contains ingredients derived from milk.*

**Other Ingredients:** Nitrosorb™ (glucose-fructose, maltodextrin), cross flow micro & ultrafiltered whey protein concentrate, medium chain triglycerides, cocoa powder (Dutch process), natural & artificial flavors, cellulose gum.

*Contains No Aspartame, yeast, wheat, corn, egg, soy, glutens, artificial colors, starch or preservatives.*

**Suggested Use:** Mix one serving of **SIZE™** with 16-20 oz. of your favorite beverage. For best results, take a serving immediately upon waking, post-workout and before bed.

**Stacking Option:**

For accelerated muscle growth: Use with **Cell Drive**.

For improved nutrient absorption & health: Mix in one serving of

**Opti-Zorb 3** and take with **V/M Plus**.

*\* These statements have not been evaluated by the FDA. The product is not intended to treat, cure or prevent disease.*

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**SIZE™**

**Anabolic Mass Gainer**

**Nearly 1000 Calories**

**50g of Muscle Building Protein**

**Enriched with MCT's**

**Ideal for Hard Gainers**





by **John Scott, CISSN, CNS, SPN**  
Developer of John Scott's Nitro

*"I understand what an athlete needs because I am one."*

## HOW DO I GAIN WEIGHT?

The most common question I get from younger athletes is "how do I gain weight?" Most of these people tell me they eat a lot but just don't get bigger. Typically these type of people brand themselves as "hardgainers." For you hardgainers, I understand how difficult it is to get those extra few thousand calories you desperately need to pack on muscle. Furthermore, most weight gainers don't have an ideal macronutrient profile and they fill an entire blender, don't mix well and leave you bloated for hours. It's hard to eat every 2 hours, as you should to gain weight, when you feel full and bloated from inferior products.

## THE SCIENCE OF MASS

To pack on size, it's critical you do three things very well: train hard, eat like crazy and get enough rest. If you lack in any of these factors, your progress will suffer. Assuming you train hard and rest well, you need to maintain a positive energy balance in order for your body to grow. In other words, you need to eat more calories than you burn up in a day. Eating enough is critical yet, considering the amount of food you need to consume, it can be difficult. For example, if you want to get bigger and weigh 180 lbs., you should consume about 3500 calories per day, broken into about six meals (See Figure A). This means you

need to eat at least the equivalent of 10 chicken breasts, 12 potatoes and several cups of vegetables every day. This is why **SIZE™** makes it so easy. One compact 16 oz. glass of **SIZE™** (ideally after training and before bed) provides you with nearly 1000 of the muscle building calories you need.

Eating right and training hard is the foundation of building a legendary physique. However, to build quality monster size is difficult and requires a unified balance of all three macronutrients and careful ingredient selection that helps you get big without getting fat. **SIZE™**'s mass building solution makes it easier for those serious about immense anabolic growth. It is ideally blended for easy mixing, tastes like melted ice cream and is naturally sweetened with fructose. No other mass gainer tastes this good and helps you pack on the skinbursting **SIZE™** you want.

**SIZE DOES MATTER.**



## SIZE PROVIDES:

**Macronutrient Profile** = Ideal mass building macronutrient 1:3:1 profile of protein, carbohydrates and healthy fats.

**Protein** = 50 grams of easily digestible, ultrafiltered, very low lactose whey protein, which contains superior levels of bioactive peptide fractions (that support nitrogen retention and enhanced hormonal & cellular response) that are normally stripped from inferior proteins during processing.

**Carbohydrates** = 150 grams of the proprietary Nitrosorb™ blended carbohydrate source for rapid and sustained glycogen replenishment.

**"Good" Fats** = 18 grams of Medium Chain Triglycerides (MCT's); an easily digestible, healthy fat. MCT's are excellent for hard gainers as they provide a dense source of calories that are directly usable by the muscles.

## THE FORMULA

**Protein:** The most important factor in gaining size is getting enough quality protein to repair and grow your lean muscle mass. Extra protein helps keep your body in an anabolic (growth) state. Researchers have shown that the protein needs of athletes is much greater than in sedentary people.<sup>1,2,3</sup> **SIZE™** gives you a massive 50 grams of whey protein in every serving to support anabolism. Especially after training, you want an easily digestible protein that quickly replenishes your muscles. Whey protein is ideal for growth and recovery due to its bioavailability, large amount of branch-chain amino acids and high quantity of immune and growth factors.<sup>4</sup>

**Carbohydrates:** Carbohydrates are your body's preferred source of energy. Your muscles and brain need them for fuel. You burn some carbohydrates faster (simple) and some slower (complex). Immediately after a workout, you have a metabolic window where your body utilizes a greater amount of carbohydrates than normal. During this window, you want to take in some of each type of carbohydrate to quickly replenish your energy and then sustain it. It's important to keep your muscles full of glycogen (carbs) because if your muscles run low, they will start to burn hard-earned muscle for energy. **SIZE™** is optimally formulated with a specially formulated carbohydrate replenishment system called Nitrosorb™. It is a 50/50 blend of fast replenishing and slower energy-sustaining carbohydrates for optimal energy management.

**Good/Healthy Fats:** To maximize the amount of dense calories in the formula without bloating you, **SIZE™** is enhanced with a dense source of calories called Medium Chain Triglycerides (MCTs). These are added to maximize the calories per serving. MCTs are a type of fatty acids that have a lower calorie content than normal fats.<sup>5</sup> Your body needs fatty acids for your cells to function properly. You also need them to help maintain your hormone balance. MCT molecules are unique because your body burns them more like carbohydrates than fats. For this reason, MCTs are useful to athletes, especially for endurance exercise.

## REFERENCES

1. Bach AC, Ingenbleek Y, Frey A. The usefulness of dietary medium-chain triglycerides in body weight control: fact or fancy? *J Lipid Res* 1996;37:708-26.
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3. Scalfi L, Coltorti A, Contaldo F. Postprandial thermogenesis in lean and obese subjects after meals supplemented with medium-chain and long-chain triglycerides. *Am J Clin Nutr* 1991;53:1130-3.
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