

Heat It...Bake It...Blend Or Beat It... It'll Build Muscle Fast - (No Matter How You Treat It!)

Steal a look in the cabinets of bodybuilders who are as serious about enjoying their food as they are getting results and you'll likely discover they have one thing in common... Ultra Size is on their shelf.

Ultra Size isn't some ordinary, everyday, run of the mill protein powder. Besides being one of the most advanced sources of anabolic-boosting, fat-blasting protein Beverly International has ever designed, it can be taken in more ways than just a standard ol' shake.

Use it to make everything from hot drinks to cold puddings, from pancakes to crepes...and much, much more. **Ultra Size** delivers a muscle-building *army* of ingredients unequalled by any other powder, and does it with the pizzazz of a gourmet chef!

Ultra Size Will Forever Change Your Bodybuilding Results

ULTRA SIZE delivers a superior nutrient profile that just can't be found in any other protein mix (not even in the so called "meal replacements"). It's a synergistic blend of 50% Protein, 20% Carbohydrates, 30% Fat and this is the definitive ratio of nutrients you need to add muscle and lose fat simultaneously. When Beverly decided to create the ultimate muscle gain / fat loss formula, we enlisted the help of Eric Serrano, MD to help craft this powerhouse formula. (See page 51)

Our goal was to create a protein supplement to supercharge the complete muscle building anabolic and anti-catabolic processes... that is exactly what **Ultra Size** does. It uses (4) super high amino, proprietary proteins, comprised of only the purest select Milk Protein Isolates (highest quality casein and whey protein isolates). By binding these super-amino synergistically with triple A whey protein concentrates, **Ultra Size** gives you the same powerful anabolic nutrients of mother's milk.

It May Sound Amazing But It Really Is True...

Ultra Size Helps You Build Muscle While Burning Fat Off You Too

By adding egg albumin to give unmatched levels of protein absorption (bioavailability) for muscle synthesis **ULTRA SIZE** became more than a miracle muscle builder; it's an astounding metabolic stimulator. It truly lets you custom design your nutritional program so precisely, it literally guarantees you'll achieve your bodybuilding or fitness goals. You're not locked into a "one size fits all" serving size either; you use the convenient 1 oz (28g) scoop to measure out the exact portion size for your specific dietary need!

Straight Facts on Why You'd Use Ultra Size

- Easy to use! Incredibly smooth and delicious to the taste!
- Versatile enough to make delicious pudding, pancakes, even crepes. (See recipes.)
- Delivers an optimal macronutrient blend - - if you must miss a meal, it's no big deal.
- Maximizes your results from intense exercise.
- Increases protein synthesis in post-trained Type II muscle fibers.
- You can increase your lean body mass and slash that annoying fat.
- Gives you a whole new set of flavorful ways to take your protein.



Try and Enjoy These Simple And Delicious Ultra Size Recipes

If we have learned anything over the years, it is that very few people can follow a diet that is EXACTLY the same everyday. BOREDOM can defeat you! Those of us that have made fitness and bodybuilding a way of life have found some very clever ways to *stay* on our diets, while satisfying our cravings. Below are some of the best recipes you'll ever see, submitted by IFBB pro fitness competitor, Julie Lohre (see Case Study pg 51) for you to use on a regular basis.

Peanut Butter - Mocha Pudding: 2 scoops of your favorite flavor Ultra Size, 1 tsp Natural Peanut Butter, approximately 1/4 cup of fresh hot coffee, 2 TBS Cool Whip. Mix first three ingredients together in a small bowl, or to make it more fun, use a coffee cup. You will need to adjust the amount of coffee depending on the consistency you desire. Top with Cool Whip as you eat. WOW!

Julie's Ultra Size Cake: So simple...Julie eats this so much that we had to name it after her. Be sure not to overcook it though, or it gets too hard. 2 scoops Ultra Size - a little bit of water or coffee (start with one-eighth cup) - 2 TBSP Cool Whip. Mix Ultra Size with water or coffee in a small microwavable bowl until the powder is moist and makes a very thick batter. Microwave for about 40 seconds until the 'cake' rises. Top with Cool Whip as you eat.

Ultra Size Crepes: Mix in a blender 3 scoops Ultra Size, 1-2 whole eggs, 5 egg whites, (1 TBSP cream optional), 8 oz water (vary water to the consistency you want). Preheat in a non-stick skillet to medium heat. Pour the mixture into your skillet and cook as you would thin pancakes - one crepe at a time. Serve as is, or with "no-sugar" preserves or "no-sugar" syrup. Makes 4-6 crepes. (Approximately 75 grams protein, 15 grams carbohydrate, 15 grams fat) Note: You can refrigerate unused portion or store in a cooler and eat as a snack anytime.

Peanut Butter Supreme Shake: Mix in a blender 2-3 scoops Ultra Size Chocolate - 4 ice cubes - 1 TBS heavy whipping cream - 1 TBSP peanut butter and 12-16 oz water. Mix and enjoy!

For use as an anabolic meal replacement:

Mix Ultra Size with heavy whipping cream and water. This is an "old school" trick that still works today for increased lean muscle mass

Bodyweight (#)	Amount Ultra Size
90 - 115	Mix 1 scoop in 6 - 8 oz water and 2 TBS heavy whipping cream
115 - 165	Mix 2 scoops in 12-oz water and 4 TBS whipping cream
165 - 225	Mix 3 scoops in 18-oz water and 6 TBS whipping cream

You may substitute 1 TBS olive oil or coconut oil for each 2 TBS of heavy whipping cream in recipes above.

"Great Results, Superior Taste and the Versatility I Want" After reading so many good things on Beverly's Ultra Size, I decided to give it a try. I opened the container and was surprised by the delicious aroma. It smelled great and didn't have that pungent smell that almost knocks you over, like so many other proteins on the market. Next was the taste test: WOW!!!! This is the best tasting stuff I have ever had. Well, 2 containers later, goals that were never attainable in my dreams have become reality. I am up to 185 lbs now, and I never thought I'd ever make 180. The things I like most about Ultra Size are its taste, the way it mixes as a shake and pudding, and the fact that the sleeves of my shirts are getting tighter while my waist line keeps getting smaller. I'm a Beverly team member for life! -Patrick Collins

Just Try to Beat the Power of Ultra Size!

Now that you're hungry, don't lose sight of the fact that **Ultra Size** has the highest macronutrient per gram content on the market - extreme purity with no filler! Compare it to any other meal replacement product on the market...nothing comes close.

Let's face it. Working out is hard enough already. Why add the stress of trying to figure out your exact nutritional requirements every single day? Give your brain a break and gain a breakthrough on results. Try **Ultra Size** for yourself today.

Call Beverly today at 1-800-781-3475 and let one of our friendly specialists put you on the fast track to optimal nutrition and extraordinary results by adding Ultra Size to your plan!

Look What's Inside Ultra Size

Supplement Facts:
Container Size: 2lb 3oz
Serving Size: 1 Scoop (28g)
Servings Per Container: 35

Available Flavors:
 Vanilla, Chocolate

Amount Per Scoop:

Calories	120
Protein	17g
Total Carbs	5g
Total Fat	4.5g
Saturated Fat	3g
Trans Fat	0g
Cholesterol	35mg
Sodium	150mg

Ultra Protein Blend:
 Milk Protein Isolate (casein and whey isolates), Whey Protein Concentrate, Egg White

Other Ingredients:
 Cream, maltodextrin, natural and artificial flavor, soy fiber, soy lecithin, lactase, tocopherols added to protect flavor, ascorbyl palmitate added to protect flavor, sucralose, high oleic safflower oil, medium chain triglycerides, borage oil, gum arabic.

Please Note:
 Nutritional content and ingredients may vary slightly between Ultra Size Flavors.