Superior Science. Superior Results.™

- NO Proprietary Blends
- NO Underdosed Key Ingredients
- NO Banned Substances
- NO Fillers
- NO Hype
- NO Exceptions

The Complete Sustained-Release, 8-Hour Protein Formula

PHASE8™ is designed to feed your muscles the highest quality blend of protein available. Each serving of PHASE8™ delivers a 26g blend of proteins taken from multiple sources with variable digestion rates. The multiple release rates of amino acids feed your muscles for 8 hours – that's a prolonged delivery of key musclebuilding blocks – making PHASE8™ the perfect protein for any time of the day or night. What's more, the 26g blend of proteins in each serving of PHASE8™ delivers an incredible 5.6g of naturally occuring BCAAs and 5g of naturally occuring glutamine and precursor.▲

- **8-Hour Sustained-Release Protein Absorption**
  The main protein component in PHASE8™ has the unique ability to release amino acids in your bloodstream for 8 hours after taking it.[1] Because of these sustained-release properties, it's a highly anabolic and anti-catabolic protein that helps create a musclebuilding environment for longer periods of time.▲
- **7 High-Quality Protein Sources**
  Overall, PHASE8™ contains protein sources designed to digest at different rates – putting your body in the perfect state for repair and recovery.▲
- **Biological Value of Protein Sources**

Protein	BV	PHASE8™
97% Whey Protein Isolate	104	✓
Hydrolyzed Whey Protein Isolate	104	✓
Whey Protein Isolate	104	✓
Whey Protein Concentrate	104	✓
Milk Protein Isolate	91	✓
Calcium Caseinate	77	✓
Micellar Casein	77	✓
Brown Rice	70	✗

Other multi-phase protein formulas are often loaded with fat and carbs. PHASE8™ contains high-quality milk-derived protein and has half the fat of the leading competitor.

- **PHASE8™ Multi-Phase Protein Delivery Digestion Rates**

- **Best-in-Class Taste**
  PHASE8™ was flavored in one of the world's top flavoring houses by protein flavoring experts in order to taste better than any other protein on the market.
- **Take Anytime: Morning, Pre- and Post-Workout and at Night**
  PHASE8™ contains a unique blend of proteins that allows you to take it whenever you need it. The multi-phase protein delivery supplies the needed quick release of amino acids for post-workout amino acid delivery, the medium-release protein phase for between meals and the slow-digesting protein phase for nighttime use – making PHASE8™ the perfect choice for any situation.

REFERENCES
1. Lacroix et al., 2006. *The American Journal of Clinical Nutrition*. 84:1070–9.

NEW!

MUSCLETECH® RESEARCH & DEVELOPMENT

PERFORMANCE SERIES

AMERICA'S #1 SELLING SUPPLEMENT BRAND

PHASE8 PROTEIN

MULTI-PHASE 8-HOUR PROTEIN

PROVIDES HIGH BIOLOGICAL VALUE AND SUSTAINED RELEASE PROTEIN

26g Protein | **7** Protein Sources

8 HOURS OF AMINO ACID DELIVERY[1]

5g Glutamine & Precursor | **5.6g** BCAAs

INCREASES MUSCLE SIZE AND STRENGTH▲

VANILLA

NATURAL AND ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT NET WT. 4.60 lbs. (2.09kg)

HOW TO TAKE: BETWEEN MAJOR MEALS | POST WORKOUT | BEFORE BED

Supplement Facts

Serving Size: 1 Scoop (42g)
Servings Per Container: Approx. 50

Amount Per Serving	% Daily Value
Calories 150	
Calories from Fat 15	
Total Fat 1.5g	2%*
Saturated Fat 1g	5%*
Cholesterol 55mg	18%
Total Carbohydrate 8g	3%*
Sugars 2g	†
Protein 26g	52%*
Calcium 540mg	54%
Sodium 190mg	8%

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value not established.

Other Ingredients: Protein Blend (Whey Protein Concentrate, Milk Protein Isolate [Supplying Micellar Casein and Whey], Micellar Casein, Calcium Caseinate, Whey Protein Isolate 97%, Whey Protein Isolate, Hydrolyzed Whey Protein Isolate), Maltodextrin, Natural and Artificial Flavors, Calcium Carbonate, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Salt, Silicon Dioxide, **Enzyplex** (Papain, Amylase), Sucralose, Acesulfame-Potassium, Soy or Sunflower Lecithin. **Contains milk and soy ingredients. Processed in a facility that processes wheat, egg, tree nut, fish and shellfish ingredients.**

Directions: Mix 1 serving (1 scoop) with 8 oz. of cold water or skim milk in a glass or shaker cup. For best results, mix 2 servings (2 scoops) with 16 oz. of water or skim milk. Use between major meals and after exercise. Drink 8 to 10 glasses of water daily. For maximum results, consume 4 scoops daily for a minimum of 6 weeks.

Do not use if packaging has been tampered with. Store in a cool, dry place (60°F to 80°F).

WARNING: Do not use if pregnant or nursing. Consult a medical doctor if you have a medical condition or before starting any diet or exercise program. **KEEP OUT OF REACH OF CHILDREN.**

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

This product contains 5.6g of branched chain amino acids that occur naturally in the protein. There are no added amino acids contained within this formula that are counted towards the total amount of protein listed on the label.

The PHASE8™ Advantage

Ingredient	PHASE8™	Competitor #1	Competitor #2
Protein	26g	22g	21g
Protein sources	All high-quality milk-derived proteins	Milk-derived proteins and egg protein	Milk-derived proteins
Carbs	8g	Up to 15g	10g
Fat	1.5g	Up to 6g	1.5g

▲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.

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