

CUT CAREFULLY ALONG DOTTED LINE

Precision Engineered has pioneered the manufacture of premium sports nutrition supplements. Our commitment to quality is the highest in our industry. Every product undergoes rigorous analysis for purity, potency, safety and freshness. *We guarantee it.*



No Artificial Color, No Wheat, No Fish.

Syntha Phase is designed for superior nutritional support. A combination of 24 essential vitamins and minerals with whey protein provide nutritional support for your workouts.* Eliminates the need for stacking because Syntha Phase contains all of the nutrients you need in one easy-to-use nutritional supplement.

Syntha Phase Features:

Over 4 grams of naturally occurring BCAAs from protein to help support protein metabolism*
Isoleucine 1.2 g
Leucine 2.2 g
Valine 1.2 g

24 grams of High Quality Protein to support exercise recovery*

Amino Acids, such as Glutamine provide the fuel your body needs to get the most from your workouts*

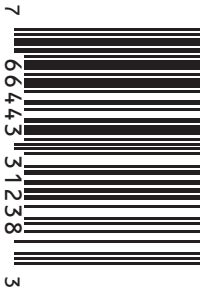
Instantized Whey Protein is a fast digesting protein that supports muscle mass and strength*

Use in conjunction with an intense daily exercise program and a balanced diet including an adequate caloric intake.

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. 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. Do not use if seal under cap is broken or missing.

Contents are sold by weight. Some settling may occur.

*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.



TO REORDER PROD. #31238
www.vitaminworld.com
1-800-228-4533

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HARDCORE PRECISION ENGINEERED SERIES

SYNTHA PHASE

Synergistic Nutritional Support

- 24 g High Quality Protein for Muscle Support & Strength*
- 97% Lactose-Free
- 24 Essential Vitamins & Minerals

NET WT. 2.91 lbs. (46.56 oz.) 1,320 g

DIETARY SUPPLEMENT

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

CHOCOLATE
NATURALLY & ARTIFICIALLY FLAVORED

DIRECTIONS: For adults, blend one (1) scoop (46 g) of powder with 8 oz. of cold water or nonfat milk. Mix in your Precision Engineered® shaker or a blender and drink immediately for best results. You can drink Precision Engineered® Syntha Phase any time during the day when you need multi-phase protein support, especially when you may not be able to ingest protein as often as you'd like. Increase or decrease the amount of liquid added to achieve desired consistency.

Supplement Facts

Serving Size 1 Scoop (46 g)
Servings Per Container about 28

Amount Per Serving	%Daily Value
Calories	170
Calories from Fat	30
Total Fat	3.5 g 5%**
Saturated Fat	1 g 6%**
Cholesterol	55 mg 18%
Total Carbohydrate	10 g 3%**
Dietary Fiber	3 g 11%**
Sugars	1 g ***
Protein	24 g 47%**
Vitamin A	800 IU 16%
Vitamin C	12 mg 20%
Vitamin D	80 IU 20%
Vitamin E	12 IU 40%
Thiamin	0.30 mg 20%
Riboflavin	0.34 mg 20%
Niacin	4 mg 20%
Vitamin B-6	0.40 mg 20%
Folic Acid	80 mcg 20%
Vitamin B-12	1.2 mcg 20%
Biotin	60 mcg 20%
Pantothenic Acid	2 mg 20%
Calcium	250 mg 25%
Iron	6.1 mg 34%
Phosphorus	285 mg 28%
Iodine	30 mcg 20%
Magnesium	113 mg 28%
Zinc	3.2 mg 21%
Selenium	10 mcg 14%
Copper	0.48 mg 24%
Manganese	0.8 mg 40%
Chromium	40 mcg 33%
Molybdenum	20 mcg 27%
Sodium	150 mg 6%
Potassium	350 mg 10%
Flaxseed Powder (<i>Linum usitatissimum</i>)	2,500 mg (2.5 g) ***
L-Glutamine	1,786 mg (1.7 g) ***
L-Arginine	1,539 mg (1.5 g) ***
Bromelain	15 mg ***
Alpha Lipoic Acid	10 mg ***
Cinnamon (<i>Cinnamomum cassia</i>) (bark)	10 mg ***
Papain	5 mg ***
Sodium RNA	3.8 mg ***
Boron	400 mcg ***

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

INGREDIENTS: Whey Protein Concentrate, Cocoa (processed with alkali), Soy Protein Isolate, Maltodextrin, Flaxseed (*Linum usitatissimum*), L-Glutamine, L-Arginine, Natural and Artificial Flavors, Calcium Caseinate, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Diglycerides, Natural Tocopherols, Silicon Dioxide, Tricalcium Phosphate), Vitamin and Mineral Blend (Dicalcium Phosphate, Magnesium Phosphate, Magnesium Oxide, Ascorbic Acid, Ferric Orthophosphate, dl-Alpha Tocopheryl Acetate, Niacinamide, Zinc Oxide, Vanadyl Sulfate, Sodium RNA, Copper Gluconate, Manganese Sulfate, d-Calcium Pantothenate, Pyridoxine Hydrochloride, Beta-Carotene, Thiamin Hydrochloride, Riboflavin, Folic Acid, Boron Proteinates, Vitamin A Palmitate, Biotin, Sodium Molybdate, Potassium Iodide, Chromium Chloride, Sodium Selenate, Cholecalciferol, Cyanocobalamin), Micellar Casein, Milk Protein Concentrate, Carrageenan, Milk Protein Isolate, Oat Fiber, Medium Chain Triglycerides, Acesulfame Potassium, Sucralose, Bromelain, Cinnamon (*Cinnamomum cassia*) (bark), Alpha Lipoic Acid, Whey Protein Isolate, Dried Egg White, Papain.

Contains milk, egg and soy ingredients.

Amino Acids (approximate values) per serving (46 g):

L-Alanine	950 mg
L-Arginine	2,354 mg
L-Aspartic Acid	2,413 mg
L-Cysteine	402 mg
L-Glutamic Acid	3,451 mg
L-Glycine	503 mg
****L-Histidine	512 mg
****L-Isoleucine	1,230 mg
****L-Leucine	2,203 mg
****L-Lysine	1,833 mg
****L-Methionine	456 mg
****L-Phenylalanine	829 mg
L-Proline	1,331 mg
L-Serine	1,250 mg
****L-Threonine	1,489 mg
****L-Tryptophan	340 mg
L-Tyrosine	721 mg
****L-Valine	1,223 mg

****Essential Amino Acids
****L-Tryptophan is naturally occurring, not added.