

WHEY PHASE™ MULTI-PHASE AMINO ACID DELIVERY REPRESENTS A REVOLUTION IN SCIENTIFIC PERFORMANCE ENHANCEMENT. WHEY PHASE™ PROVIDES 100% WHEY PROTEIN WITH EACH WHEY PROTEIN USING CROSS-FLOW MICRO-FILTRATION TECHNOLOGY.\*

WHEY PHASE™: INCREDIBLE TASTING WORKOUT RECOVERY POWERHOUSE\*

MULTI-PHASE

AMINO ACID MATRIX™

WHEY PROTEINS WITHIN THE MULTI-PHASE AMINO ACID MATRIX (MPAAM™) GIVE YOU THE FAST-ACTING MUSCLE-BUILDING PROTEIN YOU NEED TO BUILD MASSIVE MUSCLES FAST! WHEY PHASE™ IS FORTIFIED WITH CREATINE, ESSENTIAL BCAAS AND MUSCLE-BUILDING FREE-FORM L-GLUTAMINE TO FUEL YOUR MUSCLES AND ELEVATE YOUR TRAINING TO A WHOLE NEW LEVEL.†

PRO-ENERGY

CARB MATRIX™

ESSENTIAL CARBOHYDRATES IN THE PRO-ENERGY CARB MATRIX™ GIVE YOU THE POST-WORKOUT GLYCOGEN REPLENISHMENT YOUR MUSCLES DEMAND. SOLUBIZED FIBER COMPLEXES PROVIDE ANOTHER DIMENSION OF PERFORMANCE TO THE MPAAM™ MULTI-PHASE AMINO ACID DELIVERY, TRULY EFFECTIVE PROTEIN DELIVERY AND RETENTION STRUCTURED IN A WAY YOUR BODY CAN ACTUALLY USE. NO WASTE, NO DIGESTION ISSUES, NOTHING BUT PURE WHEY AND PURE PROTEIN ABSORPTION TO FUEL YOUR MUSCLE GAINS.\*

FUNCTIONAL LEAN

LIPID COMPLEX™

THE FUNCTIONAL LEAN LIPID COMPLEX™ PROVIDES A NEW DIMENSION IN EPA (ESSENTIAL FATTY ACID) MUSCLE FUEL. ANY PRO BODYBUILDER KNOWS THAT FUNCTIONAL ESSENTIAL FATTY ACIDS ARE ESSENTIAL TO BUILDING DEEP CHISELED MUSCLE THAT GETS YOU NOTICED. WHEY PHASE™ PROVIDES FUNCTIONAL LIPIDS THAT CAN BE USED DIRECTLY BY THE BODY AS FUEL AND HELP YOUR MUSCLES GROW.‡

WHEY PHASE™ HAS TRULY SET THE BAR AT THE HIGHEST LEVEL. NO OTHER WHEY PROTEIN MATRIX EVEN COMES CLOSE TO PROVIDING THE COMPLETE WHOLE PERFORMANCE SOLUTION OF WHEY PHASE™. TO MAKE YOUR TRAINING EVEN BETTER WHEY PHASE™ GIVES YOU A CREAMY, RICH, OUT-OF-THIS-WORLD TASTE THAT WILL MAKE YOU THINK YOU JUST ASKED FOR SECONDS AT THE DESSERT BUFFET.\*

4 DIMENSION™ WHEY PROTEIN IS FORMULATED BASED ON THE MOST CUTTING-EDGE SPORT NUTRITION SCIENCE. THIS MULTI PROTEIN MATRIX ALLOWS FOR A SUSTAINED PROTEIN ABSORPTION BY THE BODY, MAXIMIZING MUSCLE GROWTH AND ACCELERATING MUSCLE RECOVERY. OUR ANABOLIC AGENTS ENSURE THIS PRODUCT DELIVERS OUTSTANDING PERFORMANCE THAT CAN BE NOTICED IN DAYS. FLAVORED IN CONJUNCTION WITH SOME OF NORTH AMERICA'S LEADING FLAVOR HOUSES TO ACHIEVE THE CONSISTENCY AND TASTE OF A MILK SHAKE, THERE IS NO BETTER TASTING PROTEIN ON THE MARKET. TRY 4 DIMENSION™ WHEY PROTEIN AND YOU WILL NEVER WANT ANOTHER PROTEIN AGAIN. GROW MUSCLE THE WAY THE PROS DO!\*



As a sports nutrition product WHEY PHASE™ is manufactured under rigorous and stringent certifications known worldwide. Our production facility is EU (European Union), cGMP, HACCP and NHP certified as well as being licensed by the CFIA. 4DN™ has taken the time, effort and energy necessary to ensure that every product bearing the 4DN™ name is produced in accordance with these protocols. The result: WHEY PHASE™ is a truly superior product that meets or exceeds the strictest standards in the world.

\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.  
‡ Ingredients sourced from domestic and foreign sources. 100% of the protein used in WHEY PHASE™ is pure 100% U.S. sourced Whey Protein. Absolutely zero other protein sources have been used.



4 DIMENSION NUTRITION

48G PROTEIN  
PER 2 SERVINGS



100% WHEY PROTEIN‡

WHEY  
PHASE™

MULTI-PHASE AMINO ACID MATRIX

MPAAM

STATE-OF-THE-ART  
PRECISION NUTRIENT  
DELIVERY TECHNOLOGY



100% WHEY  
PROTEIN  
UTILIZATION  
MULTI-MATRIX  
AMINO ACID  
SUSPENSION  
ESSENTIAL BCAA  
FORTIFICATION  
GLYCOGEN  
SYNTHESIS  
TECHNOLOGY

MP<sup>2</sup>D™ MULTI-PHASE PROTEIN DELIVERY  
WORKOUT RECOVERY POWERHOUSE\*  
BUILDS STRENGTH & POWER\*  
INCREDIBLE TASTE

DIRECTIONS FOR USE

Take 1 to 2 scoops of WHEY PHASE™ (depending on your protein requirements) with 4 oz (125 ml) to 8 oz (175 ml) of water. For additional thickness and flavor, you can mix with milk. Increase or decrease the amount of liquid to suit your desired level of thickness and taste. Take 1 to 2 times daily depending on your personal protein requirements. WHEY PHASE™ is ideal for use immediately Post-Workout, first thing in the morning or anytime you want a significant increase in your level of high quality protein intake.

**ALLERGEN WARNING:** Contains Milk. Made in a plant that also processes egg, soy, peanut, tree nuts, fish, crustaceans/shellfish, and wheat products.

KEEP OUT OF REACH OF CHILDREN. Store at 15-30°C (59-86°F). Protect from heat, light and moisture. Do not purchase if seal is broken. Consult your healthcare professional before using this or any other dietary supplement.

Manufactured in an EU Certified and CFIA Inspected GMP Facility.

Supplement Facts

Serving size: 35 g

Servings per container: 65 servings

| Amount per serving         | % Daily Value |
|----------------------------|---------------|
| <b>Calories</b>            | 150           |
| Calories from fat          | 15            |
| <b>Total fat</b>           | 2 g 3%*       |
| Saturated fat              | 0.5 g 3%      |
| <b>Cholesterol</b>         | 40 mg 13%     |
| <b>Total carbohydrates</b> | 8 g 3%*       |
| Dietary fiber              | 1 g 4%        |
| Sugars                     | 2 g †         |
| <b>Protein</b>             | 24 g 48%*     |
| Calcium                    | 150 mg 15%    |
| Sodium                     | 120 mg 5%     |
| Potassium                  | 200 mg 6%     |

PHASE 1: MPAAM™ (Multi-Phase™ Amino Acid Matrix) †  
Cross-Flow Micro-Filtration Technology: [Whey Protein Concentrate (80% Yield), Whey Protein Isolate (90% Yield), WPI97 Hydrolyzed Whey (97% Yield)], Creatine Monohydrate, BCAAs (L-Leucine, L-Valine, L-Isoleucine), L-Glutamine

PHASE 2: Pro-Energy Carb Matrix™  
Maltodextrin, Guar Gum, Xanthan, Cellulose Gum, Lactase

PHASE 3: Functional Lean Lipid Matrix™  
Sunflower Oil, CLA (Conjugated Linoleic Acid), Flax Seed Oil Powder

\* Percent Daily Values are based on a 2000 calorie diet.  
† Daily value not established.

Other Ingredients: Mono and Di-Glycerides, Natural and Artificial Flavors, Acesulfame Potassium and Sucralose.

MANUFACTURED FOR:

4 DIMENSION NUTRITION:

56 ARBOR STREET, SUITE 304-B,  
HARTFORD, CT USA 06106

www.4DNUTRITION.COM

PROTEIN SUPPLEMENT

65 SERVINGS

VANILLA

NT WT 5 LBS (2.27 kg)

NATURAL AND ARTIFICIAL FLAVORS

PRODUCT OF USA



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