If you're serious about performance and results, you need the ALL-NEW MuscleTech® Performance Series!

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

Just the Most Powerful Formulas Available

The Complete Sustained-Release 8-Hour Protein Formula

PHASE8™ is designed to do one thing – feed your muscles the highest quality blend of protein available. Each serving of PHASE8™ delivers a 26-gram blend of proteins taken from multiple sources with variable digestion rates. The multiple release rates of amino acids feeds your muscles for 8 hours – that's prolonged delivery of key musclebuilding blocks, making PHASE8™ the perfect protein for any time of the day – or night.*

• 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.*

• 6 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™
Hydrolyzed Whey Protein Isolate	104	✓
Whey Protein Isolate	104	✓
Whey Protein Concentrate	104	✓
Milk Protein Isolate	91	✓
Calcium Caseinate	77	✓
Micellar Casein	77	✓
Soy Protein	74	✗
Brown Rice	70	✗

Other multi-phase protein formulas contain protein derived from plant sources, such as brown rice or even soy, and are often loaded with fat and carbs. PHASE8™ contains high quality milk-derived protein and has half the fat and carbs of the leading competitor.

• PHASE8™ Multi-Phase Protein Delivery Digestion Rates

Protein Blend in PHASE8™

Super Fast
Fast
Medium
Slow
Super Slow

8 HRS!

• Best-in-Class Taste

PHASE8™ was flavored by 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 night time use – making PHASE8™ the perfect choice for any situation.

GOLD MEDAL FOR SUPERIOR TASTE

CLINICALLY DOSED FOR INGREDIENTS

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

NEW

MUSCLETECH

PERFORMANCE SERIES

50 SERVINGS

PHASE8

MULTI-PHASE 8-HOUR PROTEIN

PROVIDES HIGH BIOLOGICAL VALUE AND SUSTAINED RELEASE PROTEIN

26g Protein | **6** Protein Sources

8 HOURS OF AMINO ACID DELIVERY*

2.3g Glutamine | **4.5g** BCAAs

INCREASES MUSCLE SIZE AND STRENGTH*

MILK CHOCOLATE

NATURAL AND ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT NET WT. 4.5 LBS. (2.08 kg)

Supplement Facts

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

Amount Per Serving	% Daily Value
Calories 150	
Calories from Fat 20	
Total Fat 2g	3%*
Trans Fat 0g	†
Cholesterol 5mg	2%
Total Carbohydrate 7g	2%*
Dietary Fiber 1g	4%*
Sugar 0g	†
Protein 26g	52%
Calcium 20mg	2%
Iron 1mg	6%
Sodium 120mg	5%
Digestive Enzyme Matrix 100 mg	
Papain 50mg	†
Amylase 50mg	†

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

OTHER INGREDIENTS: PROTEIN BLEND (MILK PROTEIN ISOLATE (SUPPLYING CALCIUM CASEINATE AND WHEY), WHEY PROTEIN CONCENTRATE, MICELLAR CASEIN, CALCIUM CASEINATE), HYDROLYZED WHEY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), AMINO MATRIX (L-GLUTAMINE, L-ARGININE, L-LEUCINE, L-ISOLEUCINE, L-VALINE), NATURAL AND ARTIFICIAL FLAVORS, SUNFLOWER BASED CREAMER (SUNFLOWER OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, MONO AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, TRICALCIUM PHOSPHATE, TOCOPHEROLS (PRESERVATIVE)), SALT, SOY LECITHIN, GUAR GUM, SUCRALOSE, ACESULFAME POTASSIUM. **CONTAINS MILK, SOY INGREDIENTS. MILK, WHEAT AND SOY INGREDIENTS. PROCESSED IN A FACILITY THAT ALSO PROCESSES EGG, FISH, AND SHELLFISH INGREDIENTS.**

Directions: Mix 1 serving (1 heaping scoop) with 7 oz. or mix 2 servings (2 heaping scoops) with 14 oz. of cold water or skim milk in a glass or shaker cup. 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 six weeks.

Note: To maintain product freshness, store in a cool, dry place. This product is sold by weight. Some settling may occur. Shake container before use.

WARNING: Do not use if pregnant or nursing. Consult a medical doctor before starting any diet or exercise program. Discontinue use and consult a medical doctor if you experience unusual symptoms. Do not use if packaging has been tampered with.

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

EU PLANT# 3007675607

The PHASE8™ Advantage

Ingredient	PHASE8™	Competitor #1	Competitor #2
Protein	26g	22g	24g
Protein Sources	All high quality milk-derived proteins	Milk-derived proteins and egg protein	Low biological value brown rice protein along with egg and milk-derived proteins
Carbs	7g	up to 15g	9g
Fat	2g	up to 6g	3g

* 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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