

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

- NO Proprietary Blends
- NO Undersized 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.† 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	X
Brown Rice	70	X

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.



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***

VANILLA

NATURAL AND ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT NET WT. 4.45 LBS. (2.02 kg)

Supplement Facts

Serving Size: 1 Scoop (41 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%
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 (TAURINE, GLYCINE), MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVORS, SUNFLOWER BASED CREAMER (SUNFLOWER OIL, CORN SYRUP, SOLIDS, SODIUM CASEINATE, MONO AND DIGLYCERIDES, POTASSIUM PHOSPHATE, TRICALCIUM PHOSPHATE, TOCOPHEROLS, PRESERVATIVES, SALT, SOY LECITHIN, GUAR GUM, SILICON DIOXIDE, SUCRALOSE, ACESULFAME POTASSIUM, CONTAINS MILK AND SOY INGREDIENTS. PROCESSED IN A FACILITY THAT ALSO PROCESSES WHEAT, EGG, FISH, AND SHELLFISH INGREDIENTS.

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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Directions: Mix 1 serving (1 heaping scoop) with 9 oz. or mix 2 servings (2 heaping scoops) with 18 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.

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