

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 25 essential vitamins and minerals with whey plus other proteins for multi-faceted 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 1.3 g
Leucine 2.3 g
Valine 1.3 g

24 grams of Protein with high quality whey 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 or surgical 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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Bohemia, NY 11716 U.S.A.
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PRECISION
ENGINEERED®

SYNTHA PHASE

Synergistic Nutritional Support

- 24g Protein with High Quality Whey for Muscle & Strength*
- 97% Lactose-Free
- 25 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 complete 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 29

Amount Per Serving	%Daily Value	
Calories	175	
Calories from Fat	30	
Total Fat	3.5 g	5%**
Saturated Fat	1.5 g	8%**
Cholesterol	50 mg	17%
Total Carbohydrate	11 g	4%**
Dietary Fiber	3 g	12%**
Sugars	2 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	269 mg	27%
Iron	6 mg	33%
Phosphorus	294 mg	29%
Iodine	30 mcg	20%
Magnesium	105 mg	26%
Zinc	3 mg	20%
Selenium	10 mcg	14%
Copper	0.56 mg	28%
Manganese	0.8 mg	40%
Chromium	40 mcg	33%
Molybdenum	20 mcg	27%
Sodium	150 mg	6%
Potassium	360 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 burmannii</i>) (bark)	10 mg	***
Papain	5 mg	***
Sodium RNA	3.8 mg	***

**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, Milk Protein Isolate, Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Diglycerides, Natural Tocopherols, Tricalcium Phosphate), Vitamin and Mineral Blend (Dicalcium Phosphate, Magnesium Phosphate, Magnesium Oxide, dl-Alpha Tocopheryl Acetate, Ascorbic Acid, Ferric Orthophosphate, Biotin, Sodium Selenate, Niacinamide, Potassium Iodide, Chromium Chloride, Zinc Oxide, Vanadyl Sulfate, Sodium RNA, Copper Gluconate, Manganese Sulfate, d-Calcium Pantothenate, Sodium Molybdate, Cholecalciferol, Folic Acid, Pyridoxine Hydrochloride, Vitamin A Palmitate, Thiamin Hydrochloride, Beta-Carotene, Riboflavin, Cyanocobalamin), Micellar Casein, Milk Protein Concentrate, Carrageenan, Milk Protein Isolate, Oat Fiber, Medium Chain Triglycerides, Cornstarch, Acesulfame Potassium, Sucralose, Bromelain, Cinnamon (*Cinnamomum burmannii*) (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	1,016 mg
L-Arginine	2,465 mg
L-Aspartic Acid	2,571 mg
L-Cysteine	432 mg
L-Glutamic Acid	5,497 mg
L-Glycine	575 mg
****L-Histidine	538 mg
****L-Isoleucine	1,306 mg
****L-Leucine	2,318 mg
****L-Lysine	1,913 mg
****L-Methionine	483 mg
****L-Phenylalanine	892 mg
L-Proline	1,398 mg
L-Serine	1,315 mg
****L-Threonine	1,568 mg
****L-Tryptophan****	368 mg
L-Tyrosine	768 mg
****L-Valine	1,315 mg

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