

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 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 Glutamine and Arginine to provide the fuel your body needs to get the most from your workouts*

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. #35729
www.vitaminworld.com
1-800-228-4533

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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 lb. (46.56 oz.) 1,320 g

DIETARY SUPPLEMENT

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

COOKIES & CREAM
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	180
Calories from Fat	30
Total Fat	3.5 g 5%**
Saturated Fat	1 g 5%**
Cholesterol	50 mg 17%
Total Carbohydrate	11 g 4%**
Dietary Fiber	1 g 4%**
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	285 mg 29%
Iron	4 mg 22%
Phosphorus	283 mg 28%
Iodine	30 mcg 20%
Magnesium	86 mg 22%
Zinc	3 mg 20%
Selenium	10 mcg 14%
Copper	0.4 mg 20%
Manganese	0.8 mg 40%
Chromium	40 mcg 33%
Molybdenum	21 mcg 28%
Sodium	105 mg 4%
Potassium	190 mg 5%
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, Maltodextrin, Soy Protein Isolate, Flaxseed (*Linum usitatissimum*), Non-Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono- & Diglycerides, Natural Tocopherols, Tricalcium Phosphate), L-Glutamine, L-Arginine, Calcium Caseinate, Milk Protein Isolate, Natural and Artificial Flavors, 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), Cookie Crumbs (Wheat Flour, Sugar, Canola Oil, Cocoa [processed with alkali], Salt, Sodium Bicarbonate), Micellar Casein, Milk Protein Concentrate, Carrageenan, 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, wheat, egg and soy ingredients.

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

L-Alanine	998 mg
L-Arginine	2,428 mg
L-Aspartic Acid	2,530 mg
L-Cysteine	423 mg
L-Glutamic Acid	5,515 mg
L-Glycine	542 mg
***L-Histidine	561 mg
***L-Isoleucine	1,315 mg
***L-Leucine	2,346 mg
***L-Lysine	1,959 mg
***L-Methionine	492 mg
***L-Phenylalanine	887 mg
L-Proline	1,444 mg
L-Serine	1,311 mg
***L-Threonine	1,568 mg
L-Tryptophan*	368 mg
L-Tyrosine	777 mg
***L-Valine	1,311 mg

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