NEW

MUSCLETECH
RESEARCH & DEVELOPMENT

PERFORMANCESERIES

AMERICA'S #1 SELLING SUPPLEMENT BRAND

# PHASE8™

## MULTI-PHASE 8-HOUR PROTEIN

PROVIDES HIGH BIOLOGICAL VALUE AND SUSTAINED RELEASE PROTEIN

**26g** Protein | **7** Protein Sources

8 HOURS OF AMINO ACID DELIVERY*

**5g** Glutamine | **5.6g** BCAAs

INCREASES MUSCLE SIZE AND STRENGTH*

## MILK CHOCOLATE

NATURAL AND ARTIFICIAL FLAVORS

DIETARY SUPPLEMENT NET WT. 2.00 LBS. (907g)

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**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 a prolonged delivery of key musclebuilding blocks, making PHASE8™ the perfect protein for any time of the day or night. What's more, the 26-gram blend of proteins in each serving of PHASE8™ delivers an incredible 5.6 grams of naturally occuring BCAAs and 5 grams of naturally occuring glutamine.▲

- **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.*
- **7 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™ |
|---|---|---|
| 97% Whey Protein Isolate | 104 | ✓ |
| 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 of the leading competitor.

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

- **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.

### Supplement Facts

Serving Size: 1 Scoop (42 g)
Servings Per Container: Approx. 22

| Amount Per Serving | % Daily Value |
|---|---|
| Calories 160 | |
| Calories from Fat 15 | |
| Total Fat 1.5g | 2%* |
| Saturated Fat 1g | 5%* |
| Cholesterol 50mg | 17% |
| Total Carbohydrate 8g | 3%* |
| Dietary Fiber less than 1g | 4%* |
| Sugars 1g | |
| Protein 26g | 52%* |
| Calcium 472mg | 47% |
| Iron 0.94mg | 5% |
| Sodium 210mg | 9% |
| **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** (Whey Protein Concentrate, Milk Protein Isolate (Supplying Micellar Casein and Whey), Micellar Casein, Calcium Caseinate, Whey Protein Isolate 97%, Whey Protein Isolate, Hydrolyzed Whey Protein Isolate), Maltodextrin, Cocoa Powder Processed With Alkali, Natural and Artificial Flavors, Gum blend (Cellulose Gum, Xanthan Gum, Carrageenan), Salt, Calcium Carbonate, Silicon Dioxide, Acesulfame-Potassium, Sucralose, Soy or Sunflower Lecithin. **Contains milk and soy ingredients. Processed in a facility that processes wheat, egg, tree nut, fish and shellfish ingredients.**

### The PHASE8™ Advantage

| Ingredient | PHASE8™ | Competitor #1 | Competitor #2 |
|---|---|---|---|
| Protein | 26g | 22g | 21g |
| Protein Sources | All high quality milk-derived proteins | Milk-derived proteins and egg protein | Milk-derived proteins |
| Carbs | 8g | up to 15g | 9g |
| Fat | 1.5g | up to 6g | 2.5g |

▲ 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 scoop) with 8 oz. of cold water or skim milk in a glass or shaker cup. For best results, mix 2 servings (2 scoops) with 16 oz. of water or skim milk. 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 6 weeks.

**Do not use if packaging has been tampered with.** Store in a cool, dry place (60°F to 80°F).

**WARNING:** Do not use if pregnant or nursing. Consult a medical doctor if you have a medical condition or before starting any diet or exercise program. **KEEP OUT OF REACH OF CHILDREN.**

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

This product contains 5.6g of branched chain amino acids that occur naturally in the protein. There are no added amino acids contained within this formula that are counted towards the total amount of protein listed on the label.

‡MuscleTech® is America's #1 Selling Bodybuilding Supplement Brand based on cumulative wholesale dollar sales 2001 to present.

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