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

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

Just the Most Powerful Formulas Available

The Complete Sustained-Release 8-Hour Protein Formula

PHASE8™/MD is designed to do one thing – feed your muscles the highest quality blends of protein available. Each two-scoop serving of PHASE8 contains 52 grams of protein with 9 variable digestion rates. The multiple-release rates of amino acids feeds your muscles for 8 hours. That prolonged delivery of key musclebuilding blocks makes PHASE8™/MD the perfect protein for any time of the day or night.

• 8-Hour Sustained-Release Protein

The main protein component in PHASE8™/MD has the unique ability to release amino acids for 8 hours after taking it.[1] Because of these sustained-release properties, PHASE8™/MD helps to maintain an anabolic state, which helps to keep you in a musclebuilding environment for a longer period of time.

• 6 High-Quality Protein Sources

PHASE8™/MD 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™/MD
Hydrolyzed Whey Protein Isolate	104	✓
Whey Protein Isolate	104	✓
Whey Protein Concentrate	104	✓
Milk Protein Concentrate	91	✓
Calcium Caseinate	77	✓
Micellar Casein	77	✓
Soy Protein	74	✗
Brown Rice	70	✗

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

REFERENCES
1.Lacroix et al., 2006. The American Journal of Clinical Nutrition. 84:1078–9.

• PHASE8™/MD Multi-Phase Protein Delivery Digestion Rates

Protein Blend in PHASE8™/MD

Super Fast
Fast
Medium
Slow
Super Slow

8 HRS!

• Best-in-Class Taste

PHASE8™/MD was flavoured by one of the world's top flavouring houses by protein flavouring experts in order to taste better than any other protein on the market. In fact, PHASE8™/MD was awarded the Gold Medal for superior taste by the American Masters of Taste, a prestigious panel of chefs and flavour experts.

• Take Anytime: Morning, Pre- and Post-Workout, and at Night

PHASE8™/MD 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 proteins for between meals, and the slow-digesting proteins for night time use – making PHASE8™/MD the perfect choice for any situation.

• Get More for Your Money

Unlike the competition, Performance Series products contain superior key ingredients in amounts that are fully disclosed so you know exactly what you are paying for.

WORLD GOLD SUPERIOR TASTE AWARD

SCIENTIFICALLY ADVANCED

NEW

MUSCLETECH®/MD

PERFORMANCE SERIES

PHASE8™/MD

MULTI-PHASE 8-HOUR PROTEIN

PROVIDES 6 SUSTAINED-RELEASE HIGH BIOLOGICAL VALUE PROTEINS

26g Protein | **6** Protein Sources

8 HOURS OF AMINO ACID DELIVERY

100mg Digestive Enzymes | **4.1g** Added Amino

HELPS PREVENT MUSCLE BREAKDOWN

MILK CHOCOLATE / CHOCOLAT AU LAIT

FLAVOURS AND ARTIFICIAL FLAVOURS / ARÔMES NATURELS ET ARTIFICIELS

NATURAL HEALTH PRODUCT / PRODUCT DE SANTÉ NATUREL

Net Wt. / Poids net 1.1kg (2.5 lbs.)

MEDICINAL INGREDIENTS
INGRÉDIENTS MÉDICAMENTEUX

Serving Size / Grande Portion 2 Scoops (55 g)
Servings Per Container / Portions par contenant 18

Amount Per Serving / Quantité par portion	
Calories / Calories	190 Kcal (795 kJ)
Fat / Lipides	2 g
Saturated Fat / Lipides saturés	0 g
Trans Fat / Gras trans	0 g
Cholesterol / Cholestérol	0 mg
Total Carbohydrate / Glucides totaux	3 g
Sugar / Sucres	1 g
Protein / Protéines	26 g
Calcium / Calcium	250 mg
Sodium / Sodium	170 mg
Potassium / Potassium	170 mg
Non-Medicinal Ingredients / Ingrédients non médicinaux	
Lactose / Lactose	2.100 mg
Sucrose / Saccharose	1.000 mg
Lecithin / Lecithine	300 mg
Digestive Enzymes Complex / Complexe d'enzymes digestives	
Protease 2000 HUT/mg / Protéase 2000 HUT/mg	50 mg
Amylase / Amylase	50 mg

NON-MEDICINAL INGREDIENTS: SUCRALOSE (RELEASE PROTEIN BLEND) WHEY PROTEIN CONCENTRATE WHEY PROTEIN ISOLATE PROTEIN BLEND (WHEY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE, MICELLAR CASEIN, WHEY PROTEIN ISOLATE) WHEY PROTEIN HYDROLYSATE, ALKALIZED COCOA, NATURAL AND ARTIFICIAL FLAVOURS, MALTODEXTRIN, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, POTASSIUM CITRATE, POTASSIUM CHLORIDE, DIPOTASSIUM PHOSPHATE, MAGNESIUM PHOSPHATE, TRISODIUM PHOSPHATE, SUCRALOSE, SODIUM CHLORIDE, SOY LECITHIN, SILICON DIOXIDE, SOY ISOFLAVONES, ASPARTAME (CONTAINS PHENYLALANINE), **CONTAINS MILK AND SOY INGREDIENTS.** MALTODEXTRIN, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, **CONTAINS MILK AND SOY INGREDIENTS.** MALTODEXTRIN, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, **CONTAINS MILK AND SOY INGREDIENTS.** CONTAINS 1% OR LESS OF: SUCRALOSE, ACESULFAME POTASSIUM, NATURAL AND ARTIFICIAL FLAVOURS, ALKALIZED COCOA, ALKALIZE, ARTIFICIAL FLAVOURS, ARTIFICIAL COLOURS, MALTODEXTRIN, CALCIUM PHOSPHATE, CALCIUM CARBONATE, CALCIUM SULFATE, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, POTASSIUM CITRATE, POTASSIUM CHLORIDE, DIPOTASSIUM PHOSPHATE, MAGNESIUM PHOSPHATE, TRISODIUM PHOSPHATE, SODIUM CHLORIDE, SOY LECITHIN, SILICON DIOXIDE, SOY ISOFLAVONES, ASPARTAME (CONTAINS PHENYLALANINE), **CONTAINS MILK AND SOY INGREDIENTS.** MALTODEXTRIN, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, **CONTAINS MILK AND SOY INGREDIENTS.** MALTODEXTRIN, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, **CONTAINS MILK AND SOY INGREDIENTS.** CONTAINS 1% OR LESS OF: SUCRALOSE, ACESULFAME POTASSIUM, NATURAL AND ARTIFICIAL FLAVOURS, ALKALIZED COCOA, ALKALIZE, ARTIFICIAL FLAVOURS, ARTIFICIAL COLOURS, MALTODEXTRIN, CALCIUM PHOSPHATE, CALCIUM CARBONATE, CALCIUM SULFATE, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, POTASSIUM CITRATE, POTASSIUM CHLORIDE, DIPOTASSIUM PHOSPHATE, MAGNESIUM PHOSPHATE, TRISODIUM PHOSPHATE, SODIUM CHLORIDE, SOY LECITHIN, SILICON DIOXIDE, SOY ISOFLAVONES, ASPARTAME (CONTAINS PHENYLALANINE), **CONTAINS MILK AND SOY INGREDIENTS.** MALTODEXTRIN, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, **CONTAINS MILK AND SOY INGREDIENTS.** MALTODEXTRIN, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, **CONTAINS MILK AND SOY INGREDIENTS.** CONTAINS 1% OR LESS OF: SUCRALOSE, ACESULFAME POTASSIUM, NATURAL AND ARTIFICIAL FLAVOURS, ALKALIZED COCOA, ALKALIZE, ARTIFICIAL FLAVOURS, ARTIFICIAL COLOURS, MALTODEXTRIN, CALCIUM PHOSPHATE, CALCIUM CARBONATE, CALCIUM SULFATE, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, POTASSIUM CITRATE, POTASSIUM CHLORIDE, DIPOTASSIUM PHOSPHATE, MAGNESIUM PHOSPHATE, TRISODIUM PHOSPHATE, SODIUM CHLORIDE, SOY LECITHIN, SILICON DIOXIDE, SOY ISOFLAVONES, ASPARTAME (CONTAINS PHENYLALANINE), **CONTAINS MILK AND SOY INGREDIENTS.**

Recommended Use or Purpose: Helps build lean muscle when used in conjunction with a regular exercise program. Contains a sustained release protein blend providing amino acids for 8 hours after consumption, to help support an anabolic/catabolic state. Also helps support recovery after training. Protein is a source of essential amino acids needed to produce synthesis. Helps build and maintain lean muscle mass. **Recommended Dose (Adults):** Mix 1 serving (2 scoops) with 240ml (8 fl.oz.) of cold water once a day. For maximum results take 1 serving (2 scoops) 3 times per day, preferably at least 1 hour before or after meals. Consume within one week from the date of opening. Take with food. For prolonged use consult a health care practitioner. **Precaution or utilization recommendation:** Consult a health care practitioner. **Precaution or utilization recommendation:** Consult a health care practitioner. **Precaution or utilization recommendation:** Consult a health care practitioner. Contains soy. Contains lactose. Contains aspartame (contains phenylalanine). Contains sucralose. Contains sodium. Contains potassium. Contains caffeine. Contains 1% or less of: sucralose, acesulfame potassium, natural and artificial flavours, alkalized cocoa, alkalize, artificial flavours, artificial colours, maltodextrin, calcium phosphate, calcium carbonate, calcium sulfate, citric acid, sodium citrate, sodium chloride, potassium citrate, potassium chloride, dipotassium phosphate, magnesium phosphate, trisodium phosphate, sodium chloride, soy lecithin, silicon dioxide, soy isoflavones, aspartame (contains phenylalanine). Contains milk and soy ingredients. Contains alkalized cocoa, alkalize, natural and artificial flavours, maltodextrin, citric acid, sodium citrate, sodium chloride, potassium citrate, potassium chloride, dipotassium phosphate, magnesium phosphate, trisodium phosphate, sodium chloride, soy lecithin, silicon dioxide, soy isoflavones, aspartame (contains phenylalanine). Contains milk and soy ingredients. Contains 1% or less of: sucralose, acesulfame potassium, natural and artificial flavours, alkalized cocoa, alkalize, artificial flavours, artificial colours, maltodextrin, calcium phosphate, calcium carbonate, calcium sulfate, citric acid, sodium citrate, sodium chloride, potassium citrate, potassium chloride, dipotassium phosphate, magnesium phosphate, trisodium phosphate, sodium chloride, soy lecithin, silicon dioxide, soy isoflavones, aspartame (contains phenylalanine). Contains milk and soy ingredients. Contains alkalized cocoa, alkalize, natural and artificial flavours, maltodextrin, citric acid, sodium citrate, sodium chloride, potassium citrate, potassium chloride, dipotassium phosphate, magnesium phosphate, trisodium phosphate, sodium chloride, soy lecithin, silicon dioxide, soy isoflavones, aspartame (contains phenylalanine). Contains milk and soy ingredients. Contains 1% or less of: sucralose, acesulfame potassium, natural and artificial flavours, alkalized cocoa, alkalize, artificial flavours, artificial colours, maltodextrin, calcium phosphate, calcium carbonate, calcium sulfate, citric acid, sodium citrate, sodium chloride, potassium citrate, potassium chloride, dipotassium phosphate, magnesium phosphate, trisodium phosphate, sodium chloride, soy lecithin, silicon dioxide, soy isoflavones, aspartame (contains phenylalanine). Contains milk and soy ingredients.

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NOT SUB PROTEIN, WHEY, SOY, PEANUT, FOR ANY INGLUDE INGREDIENTS. INGRÉDIENTS NON MÉDICAMENTEUX. MELANGE DE PROTÉINES À LIBERATION SOUTENUE (ISOLAT DE PROTÉINES DE LACTOSÉRUM, CONCENTRÉ DE PROTÉINES DE LACTOSÉRUM, CASÉINATE DE CALCIUM, CASÉINE MICELLAIRE, ISOLAT DE PROTÉINES DE LACTOSÉRUM) CONCENTRÉ DE PROTÉINES DE LACTOSÉRUM, ARÔMES NATURELS ET ARTIFICIELS, MALTODEXTRINE, CITRONNAT DE SODIUM, CITRATE DE SODIUM, CHLORURE DE SODIUM, CITRONNAT DE POTASSIUM, CHLORURE DE POTASSIUM, PHOSPHATE DIPOTASSIQUE, PHOSPHATE DE MAGNÉSIUM, PHOSPHATE TRISODIQUE, CHLORURE DE SODIUM, LECITHINE DE SOJA, DIOXYDE DE SILICE, ISOFLAVONES DE SOJA, ASPARTAME (CONTIENT DE LA PHÉNYLALANINE). **CONTIENT DES INGRÉDIENTS DE LAIT ET DE SOJA.** MALTODEXTRINE, ACIDE CITRIQUE, CITRATE DE SODIUM, CHLORURE DE SODIUM. CONTIENT 1% OU MOINS DE: SUCRALOSE, ACESULFAME POTASSIQUE, ARÔMES NATURELS ET ARTIFICIELS, ARÔMES ARTIFICIELS, COLORANT ARTIFICIEL, MALTODEXTRINE, PHOSPHATE DE CALCIUM, CARBONATE DE CALCIUM, SULFATE DE CALCIUM, ACIDE CITRIQUE, CITRATE DE SODIUM, CHLORURE DE SODIUM, CITRONNAT DE POTASSIUM, CHLORURE DE POTASSIUM, PHOSPHATE DIPOTASSIQUE, PHOSPHATE DE MAGNÉSIUM, PHOSPHATE TRISODIQUE, CHLORURE DE SODIUM, LECITHINE DE SOJA, DIOXYDE DE SILICE, ISOFLAVONES DE SOJA, ASPARTAME (CONTIENT DE LA PHÉNYLALANINE). **CONTIENT DES INGRÉDIENTS DE LAIT ET DE SOJA.** MALTODEXTRINE, ACIDE CITRIQUE, CITRATE DE SODIUM, CHLORURE DE SODIUM. **CONTIENT DES INGRÉDIENTS DE LAIT ET DE SOJA.** MALTODEXTRINE, ACIDE CITRIQUE, CITRATE DE SODIUM, CHLORURE DE SODIUM. CONTIENT 1% OU MOINS DE: SUCRALOSE, ACESULFAME POTASSIQUE, ARÔMES NATURELS ET ARTIFICIELS, ARÔMES ARTIFICIELS, COLORANT ARTIFICIEL, MALTODEXTRINE, PHOSPHATE DE CALCIUM, CARBONATE DE CALCIUM, SULFATE DE CALCIUM, ACIDE CITRIQUE, CITRATE DE SODIUM, CHLORURE DE SODIUM, CITRONNAT DE POTASSIUM, CHLORURE DE POTASSIUM, PHOSPHATE DIPOTASSIQUE, PHOSPHATE DE MAGNÉSIUM, PHOSPHATE TRISODIQUE, CHLORURE DE SODIUM, LECITHINE DE SOJA, DIOXYDE DE SILICE, ISOFLAVONES DE SOJA, ASPARTAME (CONTIENT DE LA PHÉNYLALANINE). **CONTIENT DES INGRÉDIENTS DE LAIT ET DE SOJA.**

The PHASE8™/MD Advantage			
Ingredient	PHASE8™/MD	Competitor #1	Competitor #2
Protein	26g	22g	24g
Protein Sources	All high biological value milk-derived proteins	Milk-derived proteins and egg protein	Low biological value brown rice protein, egg and milk-derived proteins
Carbs	3g	up to 15g	Up to 9g
Fat	2g	up to 6g	Up to 3g

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REFERENCES
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Protein Blend in PHASE8™/MD

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Fast
Medium
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Super Slow

8 HRS!

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HELPS PREVENT MUSCLE BREAKDOWN

VANILLA / VANILLE

NATURAL AND ARTIFICIAL FLAVOURS / ARÔMES NATURELS ET ARTIFICIELS

NATURAL HEALTH PRODUCT / PRODUCT DE SANTÉ NATUREL

Net Wt. / Poids net 1.1 kg (2.5 lbs.)

MEDICINAL INGREDIENTS
INGRÉDIENTS MÉDICAMENTEUX

Serving Size / Grande Portion 2 Scoops (55 g)
Servings Per Container / Portions par contenant 18

Amount Per Serving / Quantité par portion	
Calories / Calories	190 Kcal (795 kJ)
Fat / Lipides	2 g
Saturated Fat / Lipides saturés	0 g
Trans Fat / Gras trans	0 g
Cholesterol / Cholestérol	0 mg
Total Carbohydrate / Glucides totaux	3 g
Sugar / Sucres	1 g
Protein / Protéines	26 g
Calcium / Calcium	250 mg
Sodium / Sodium	170 mg
Potassium / Potassium	170 mg
Non-Medicinal Ingredients / Ingrédients non médicinaux	
Lactose / Lactose	2.100 mg
Sucrose / Saccharose	1.000 mg
Lecithin / Lecithine	300 mg
Digestive Enzymes Complex / Complexe d'enzymes digestives	
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NON-MEDICINAL INGREDIENTS: SUCRALOSE (RELEASE PROTEIN BLEND) WHEY PROTEIN CONCENTRATE WHEY PROTEIN ISOLATE PROTEIN BLEND (WHEY PROTEIN ISOLATE, WHEY PROTEIN CONCENTRATE, CALCIUM CASEINATE, MICELLAR CASEIN, WHEY PROTEIN ISOLATE) WHEY PROTEIN HYDROLYSATE, NATURAL AND ARTIFICIAL FLAVOURS, MALTODEXTRIN, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, POTASSIUM CITRATE, POTASSIUM CHLORIDE, DIPOTASSIUM PHOSPHATE, MAGNESIUM PHOSPHATE, TRISODIUM PHOSPHATE, SUCRALOSE, SODIUM CHLORIDE, SOY LECITHIN, SILICON DIOXIDE, SOY ISOFLAVONES, ASPARTAME (CONTAINS PHENYLALANINE), **CONTAINS MILK AND SOY INGREDIENTS.** MALTODEXTRIN, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, **CONTAINS MILK AND SOY INGREDIENTS.** MALTODEXTRIN, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, **CONTAINS MILK AND SOY INGREDIENTS.** CONTAINS 1% OR LESS OF: SUCRALOSE, ACESULFAME POTASSIUM, NATURAL AND ARTIFICIAL FLAVOURS, ARTIFICIAL COLOURS, MALTODEXTRIN, CALCIUM PHOSPHATE, CALCIUM CARBONATE, CALCIUM SULFATE, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, POTASSIUM CITRATE, POTASSIUM CHLORIDE, DIPOTASSIUM PHOSPHATE, MAGNESIUM PHOSPHATE, TRISODIUM PHOSPHATE, SODIUM CHLORIDE, SOY LECITHIN, SILICON DIOXIDE, SOY ISOFLAVONES, ASPARTAME (CONTAINS PHENYLALANINE), **CONTAINS MILK AND SOY INGREDIENTS.** MALTODEXTRIN, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, **CONTAINS MILK AND SOY INGREDIENTS.** MALTODEXTRIN, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, **CONTAINS MILK AND SOY INGREDIENTS.** CONTAINS 1% OR LESS OF: SUCRALOSE, ACESULFAME POTASSIUM, NATURAL AND ARTIFICIAL FLAVOURS, ALKALIZED COCOA, ALKALIZE, ARTIFICIAL FLAVOURS, ARTIFICIAL COLOURS, MALTODEXTRIN, CALCIUM PHOSPHATE, CALCIUM CARBONATE, CALCIUM SULFATE, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, POTASSIUM CITRATE, POTASSIUM CHLORIDE, DIPOTASSIUM PHOSPHATE, MAGNESIUM PHOSPHATE, TRISODIUM PHOSPHATE, SODIUM CHLORIDE, SOY LECITHIN, SILICON DIOXIDE, SOY ISOFLAVONES, ASPARTAME (CONTAINS PHENYLALANINE). **CONTAINS MILK AND SOY INGREDIENTS.** MALTODEXTRIN, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, **CONTAINS MILK AND SOY INGREDIENTS.** MALTODEXTRIN, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, **CONTAINS MILK AND SOY INGREDIENTS.** CONTAINS 1% OR LESS OF: SUCRALOSE, ACESULFAME POTASSIUM, NATURAL AND ARTIFICIAL FLAVOURS, ALKALIZED COCOA, ALKALIZE, ARTIFICIAL FLAVOURS, ARTIFICIAL COLOURS, MALTODEXTRIN, CALCIUM PHOSPHATE, CALCIUM CARBONATE, CALCIUM SULFATE, CITRIC ACID, SODIUM CITRATE, SODIUM CHLORIDE, POTASSIUM CITRATE, POTASSIUM CHLORIDE, DIPOTASSIUM PHOSPHATE, MAGNESIUM PHOSPHATE, TRISODIUM PHOSPHATE, SODIUM CHLORIDE, SOY LECITHIN, SILICON DIOXIDE, SOY ISOFLAVONES, ASPARTAME (CONTAINS PHENYLALANINE). **CONTAINS MILK AND SOY INGREDIENTS.**

NOT SUB PROTEIN, WHEY, SOY, PEANUT, FOR ANY INGLUDE INGREDIENTS. INGRÉDIENTS NON MÉDICAMENTEUX. MELANGE DE PROTÉINES À LIBERATION SOUTENUE (ISOLAT DE PROTÉINES DE LACTOSÉRUM, CONCENTRÉ DE PROTÉINES DE LACTOSÉRUM, CASÉINATE DE CALCIUM, CASÉINE MICELLAIRE, ISOLAT DE PROTÉINES DE LACTOSÉRUM) CONCENTRÉ DE PROTÉINES DE LACTOSÉRUM, ARÔMES NATURELS ET ARTIFICIELS, MALTODEXTRINE, CITRONNAT DE SODIUM, CITRATE DE SODIUM, CHLORURE DE SODIUM, CITRONNAT DE POTASSIUM, CHLORURE DE POTASSIUM, PHOSPHATE DIPOTASSIQUE, PHOSPHATE DE MAGNÉSIUM, PHOSPHATE TRISODIQUE, CHLORURE DE SODIUM, LECITHINE DE SOJA, DIOXYDE DE SILICE, ISOFLAVONES DE SOJA, ASPARTAME (CONTIENT DE LA PHÉNYLALANINE). **CONTIENT DES INGRÉDIENTS DE LAIT ET DE SOJA.** MALTODEXTRINE, ACIDE CITRIQUE, CITRATE DE SODIUM, CHLORURE DE SODIUM. **CONTIENT DES INGRÉDIENTS DE LAIT ET DE SOJA.** MALTODEXTRINE, ACIDE CITRIQUE, CITRATE DE SODIUM, CHLORURE DE SODIUM. CONTIENT 1% OU MOINS DE: SUCRALOSE, ACESULFAME POTASSIQUE, ARÔMES NATURELS ET ARTIFICIELS, ARÔMES ARTIFICIELS, COLORANT ARTIFICIEL, MALTODEXTRINE, PHOSPHATE DE CALCIUM, CARBONATE DE CALCIUM, SULFATE DE CALCIUM, ACIDE CITRIQUE, CITRATE DE SODIUM, CHLORURE DE SODIUM, CITRONNAT DE POTASSIUM, CHLORURE DE POTASSIUM, PHOSPHATE DIPOTASSIQUE, PHOSPHATE DE MAGNÉSIUM, PHOSPHATE TRISODIQUE, CHLORURE DE SODIUM, LECITHINE DE SOJA, DIOXYDE DE SILICE, ISOFLAVONES DE SOJA, ASPARTAME (CONTIENT DE LA PHÉNYLALANINE). **CONTIENT DES INGRÉDIENTS DE LAIT ET DE SOJA.**

Recommended Use or Purpose: Helps build lean muscle when used in conjunction with a regular exercise program. Contains a sustained release protein blend providing amino acids for 8 hours after consumption, to help support an anabolic/catabolic state. Also helps support recovery after training. Protein is a source of essential amino acids needed to produce synthesis. Helps build and maintain lean muscle mass. **Recommended Dose (Adults):** Mix 1 serving (2 scoops) with 240ml (8 fl.oz.) of cold water once a day. For maximum results take 1 serving (2 scoops) 3 times per day, preferably at least 1 hour before or after meals. Consume within one week from the date of opening. Take with food. For prolonged use consult a health care practitioner. **Precaution or utilization recommendation:** Consult a health care practitioner. **Precaution or utilization recommendation:** Consult a health care practitioner. **Precaution or utilization recommendation:** Consult a health care practitioner. Contains soy. Contains lactose. Contains aspartame (contains phenylalanine). Contains sucralose. Contains sodium. Contains potassium. Contains caffeine. Contains 1% or less of: sucralose, acesulfame potassium, natural and artificial flavours, alkalized cocoa, alkalize, artificial flavours, artificial colours, maltodextrin, calcium phosphate, calcium carbonate, calcium sulfate, citric acid, sodium citrate, sodium chloride, potassium citrate, potassium chloride, dipotassium phosphate, magnesium phosphate, trisodium phosphate, sodium chloride, soy lecithin, silicon dioxide, soy isoflavones, aspartame (contains phenylalanine). Contains milk and soy ingredients. Contains alkalized cocoa, alkalize, natural and artificial flavours, maltodextrin, citric acid, sodium citrate, sodium chloride, potassium citrate, potassium chloride, dipotassium phosphate, magnesium phosphate, trisodium phosphate, sodium chloride, soy lecithin, silicon dioxide, soy isoflavones, aspartame (contains phenylalanine). Contains milk and soy ingredients. Contains 1% or less of: sucralose, acesulfame potassium, natural and artificial flavours, alkalized cocoa, alkalize, artificial flavours, artificial colours, maltodextrin, calcium phosphate, calcium carbonate, calcium sulfate, citric acid, sodium citrate, sodium chloride, potassium citrate, potassium chloride, dipotassium phosphate, magnesium phosphate, trisodium phosphate, sodium chloride, soy lecithin, silicon dioxide, soy isoflavones, aspartame (contains phenylalanine). Contains milk and soy ingredients.

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

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