

Maintenance for the World's Most Advanced Machine*



ADVANCED
superfoods

— A S F —

PlantPRO-V

THE PLANT-BASED CHOICE FOR MUSCLE GROWTH AND MAINTENANCE

Blended Plant Based Protein

VEGAN FRIENDLY • GLUTEN FREE • SOY FREE

VANILLA MILKSHAKE

naturally flavored

Net Weight 2 Lbs. (907 Grams)

DIETARY SUPPLEMENT

- 20 g of Protein from our PlantPRO-V Matrix Blend
- 3.6 g of Muscle Saving BCAA's
- 100% Vegan and Vegetarian Formula
- No Artificial Flavors, Colors, Sweeteners or Preservatives
- No Gluten, Soy, Dairy or Wheat
- Mixes Easily and Tastes GREAT

ASF plant-based protein is unlike any other on the market. It provides 20 g of easily digested protein from our **PlantPRO-V** Matrix Blend without the grainy, bitter taste of the typical plant protein. Also present are naturally occurring BCAA's, which save and repair hard earned muscle. Our formula was designed with all lifestyles in mind and is 100% vegetarian and vegan friendly.

Suggested Use: Mix one heaping scoop with 4-6oz of water, milk, or your favorite beverage. Vary the amount of liquid for taste preference.

Keep out of the reach of children.

This product is sold by weight not volume. 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.

protein
per serving

20g

sugar
per serving

4g

BCAA's
per serving

3g

total carbs
per serving

7g

fat
per serving

3g

SUPPLEMENT FACTS

Serving Size: 1 Heaping Scoop (Approx. 32 g)
Servings Per Container: 28

	Amount Per Serving	%DV**
Calories	130	
Total Fat	3 g	4%
Saturated Fat	1 g	4%
Sodium	310 mg	14%
Total Carbohydrate	7 g	2%
Dietary Fiber	1 g	5%
Sugars	4 g	
Includes 2g Added Sugars		4%
Protein	20 g	41%
Calcium	32 mg	2%
Iron	6 mg	30%
Potassium	0 mg	0%

PlantPRO-V Matrix	25 g	†
Pea Protein Isolate, Brown Rice Protein, Quinoa		
MCT Oil Powder	400 mg	†
Natural MCT Oil, Maltodextrin, Modified Food Starch		
Antioxidant Blend	150 mg	†
Acai Berry, Acerola, Amla, Jabuticaba, Cranberry, Goji, Mangosteen, Maqui Berry, Pomegranate, Strawberry, Organic Schisandra		

** Percent Daily Values (DV) are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Creamer (High Oleic Sunflower Oil, Tapioca Starch, Tapioca Dextrin, Natural Flavors, D Alpha Tocopherols), Raw Sugar, Natural Flavors and Stevia.

Contains NO soy, dairy, wheat, gluten, preservatives, artificial colors, sweeteners or flavors.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

TYPICAL AMINO ACID PROFILE

Amino Acid Per Serving

Alanine	850 mg
Arginine	1,565 mg
Aspartic Acid	2,180 mg
Cysteine/Cystine	184 mg
Glutamic Acid	3,240 mg
Glycine	3,127 mg
Histidine	501 mg
Isoleucine*	929 mg
Leucine*	1,670 mg
Lysine	1,403 mg
Methionine	189 mg
Phenylalanine	1,055 mg
Proline	898 mg
Serine	900 mg
Threonine	709 mg
Tryptophan	157 mg
Tyrosine	676 mg
Valine*	1,030 mg
TOTAL BCAAs	3,629 mg

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BPA FREE
Recycled Plastic
cGMP
Control Food Manufacturing Practices