

SUGGESTED USE: As a dietary supplement, mix 2 scoops of Atlas with 20 ounces of cold water or your favorite beverage. Vary the amount of liquid to achieve desired consistency.

ATLAS is a weight gainer designed to help you gain lean muscle faster, and to provide your body with a wide spectrum of nutrients that optimize your performance, digestion, and overall health.[†]

It provides you with a high-quality blend of whey protein isolate and micellar casein protein, which are the “gold standard” of muscle-building proteins, as well as a food-based carbohydrate blend derived from oat and potato (instead of cheap simple sugars), and a combination of coconut oil and flaxseed for healthy fats.[†]

ATLAS also contains 23 additional nutrients and enzymes to improve the quality of your diet, aid in digestion, and address common dietary deficiencies among athletes, in particular.[†]

WARNING: Not intended for persons under the age of 18. Do not use if pregnant or nursing. Consult a health care professional prior to consumption if you have any pre-existing medical conditions or are taking any prescription medication. Improper use of this product will not improve results and is potentially hazardous to a person's health. Use only as directed.

KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL, DRY PLACE. DO NOT USE IF SAFETY SEAL IS BROKEN OR MISSING.

† **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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ATLAS

CLINICALLY EFFECTIVE INGREDIENTS AND DOSAGES

WEIGHT GAINER



HIGH-QUALITY
MUSCLE-BUILDING PROTEIN



CARBS & FATS
FROM WHOLE FOODS



23 ADDITIONAL
NUTRIENTS & ENZYMES

20 SERVINGS

CHOCOLATE

100% NATURALLY
SWEETENED & FLAVORED

DIETARY SUPPLEMENT | NET WEIGHT: 2367G (5.22 LBS)

SUPPLEMENT FACTS

Serving Size: 2 Scoops (118.36g)
Servings Per Container: 20

	Amount Per Serving	%DV*
Calories	370	
Total Fat	6 g	8%
Saturated Fat	3 g	15%
Cholesterol	5 mg	2%
Total Carbohydrate	51 g	19%
Dietary Fiber	2 g	7%
Protein	38 g	76%
Vitamin D (as cholecalciferol)	10 mcg	50%
Vitamin K1 (as phytonadione)	60 mcg	50%
Thiamine (as thiamine hydrochloride)	1.2 mg	100%
Riboflavin	1.3 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	1.7 mg	100%
Folate (as 5-methyltetrahydrofolate)	120 mcg DFE	30%
Vitamin B12 (as methylcobalamin)	29 mcg	1208%
Pantothenic Acid (as calcium pantothenate)	5 mg	100%
Calcium (from whey and casein)	630 mg	48%
Iron (as ferrous fumarate and from cocoa)	1.8 mg	10%
Iodine (as potassium iodide)	38 mcg	25%
Magnesium (as magnesium malate)	100 mg	24%
Zinc (as zinc picolinate)	2.75 mg	25%
Selenium (as selenomethionine)	27.5 mcg	50%
Copper (as copper gluconate)	0.224 mg	25%
Manganese (as manganese sulfate)	0.65 mg	28%
Sodium	300 mg	13%
Potassium	433 mg	9%
Potato Starch	38 g	**
Whey Protein Isolate	19.8 g	**
Micellar Casein	20.6 g	**
Oat Flour	12.7 g	**
Coconut Oil Powder	4 g	**
Flaxseed	4 g	**
Taurine	500 mg	**
Betaine Hydrochloride	200 mg	**
Inositol	200 mg	**
Lactobacillus acidophilus	350 mg	**
Lactobacillus casei	50 mg	**
Bifidobacterium lactis	100 mg	**
Bromelain	200 mg	**
Fungal Lactase	500 mg	**

*Percent Daily Value Based on a 2,000 Calorie Diet
**Daily Value Not Established

OTHER INGREDIENTS: Cocoa Bean Powder, Erythritol, Natural Flavors, Maltodextrin, Salt, Stevia (Stevia rebaudiana) Leaf Extract, Xanthan Gum, Soy Lecithin, Tapioca Starch

CONTAINS: Milk, Soy (Lecithin), Tree Nut (Coconut), Wheat

ALLERGEN WARNING: This product was produced in a facility that may also process ingredients containing milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans.