

WHAT IT DOES



**BUILD
MUSCLE**



RECOVER



**REPLENISH
ELECTROLYTES**

WHEN TO USE



**DURING
TRAINING**



**BEFORE
LIFTING**



**AFTER
TRAINING**

HOW TO USE



SMOOTHIES



**MIX WITH
BEVERAGE**

† These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to treat or cure any disease.

ath

BCAA

Plant-Based Amino Acids
SPORTS NUTRITION, REDEFINED.

**COTTON CANDY FLAVOR - NET WEIGHT 303g (.67lbs)
DIETARY SUPPLEMENT**



Suggested Use: Mix 1 scoop with 8-16 fluid ounces of ice water in a shaker before, during or after training.

ATH proudly uses only the very best natural ingredients.

Supplement Facts

Serving Size: 1 scoop approximate (10g/.35oz)
Servings Per Container: 30

	Amount Per Serving	% DV*
Calories	20	
Chloride (from Potassium Chloride, Sodium Chloride, Himalayan Pink Salt)	165mg	7%
Sodium (from Himalayan Pink Salt, Sodium Chloride)	50mg	2%
Potassium	155mg	3%
Branch Chain Amino Acids 2:1:1 (Leucine, IsoLeucine, Valine) (as InstAminos™)	5,000mg	**
L-Glutamine	2,500mg	**
Tart Cherry Fruit Extract	100mg	**
Pomegranate Pericarp Extract	100mg	**
Himalayan Pink Salt	25mg	**

* Percent Daily Values are based on a 2,000 calorie diet.

** % Daily Value (DV) not established.

OTHER INGREDIENTS: Natural Flavors, Malic Acid, Potassium Chloride, Stevia RebaudiosideA Leaf Extract, Sodium Chloride, Monk Fruit Extract.

InstAminos™ is a registered trademark of Compound Solution

ALLERGEN STATEMENT: Manufactured in a facility that handles: Eggs, Wheat, Milk, Tree Nuts, Peanuts, Soybeans, Crustacean Shellfish and Fish.

CONNECT WITH US!

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MANUFACTURED IN A
FDA
REGISTERED AND
INSPECTED FACILITY



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