

ath

POST

With Added L-Glutamine
SPORTS NUTRITION, REDEFINED.

BIRTHDAY CAKE FLAVOR - NET WEIGHT 3.86lb (1.75Kg)
WHOLE FOOD DIETARY SUPPLEMENT



OFFICIAL SPORTS
SUPPLEMENTS OF THE
NSLA

ATH proudly uses only the very best natural ingredients.

Supplement Facts		
Serving Size: 2 scoops (87.6g/3oz)		
Servings Per Container: 20		
Amount Per Serving		% DV
Calories		
		310
Total Fat	1.0g	1%
Saturated Fat	0.5g	3%
Cholesterol	25mg	9%
Total Carbohydrates	56g	20%
Dietary Fiber	Less than 1g	2%
Total Sugars	3g	**
Added Sugars	0g	0%
Protein	18g	
Vitamin C	200mg	222%
Vitamin E	20mg	133%
Calcium	185mg	14%
Iron	1mg	5%
Phosphorus	115mg	9%
Magnesium	205mg	49%
Chloride	435mg	19%
Sodium	315mg	14%
Potassium	225mg	5%
L-Glutamine	2,000mg	**

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

OTHER INGREDIENTS: Maltodextrin, Whey Protein Concentrate, Calcium Caseinate, Natural Flavors, Xanthan Gum, Tripotassium Citrate, Sodium Chloride, Magnesium Citrate Sea Salt, Calcium Citrate, Cellulose Gum, Vitamin C (as Ascorbic Acid), Luo Han Guo Fruit Extract (Monkfruit), Stevia Rebaudioside A Leaf Extract, DL-Alpha Tocopherol, Talin Powder.

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

Suggested Use: Mix 2 scoops with 14 ounces of cold water or almond milk after intense exercise.

Typical Amino Acid Profile (Per Serving)

Alanine	622mg	Lysine	1369mg
Arginine	517mg	Methionine	390mg
Aspartic Acid	1374mg	Phenylalanine	612mg
Cysteine	198mg	Proline	1288mg
Glutamic Acid	3073mg	Serine	869mg
Glycine	344mg	Threonine	920mg
Histadine	363mg	Tryptophan	227mg
Isoleucine	907mg	Tyrosine	689mg
Leucine	1551mg	Valine	996mg

CONNECT WITH US!

@athsport.co



BORN & BRED

For questions or concerns email
support@athsport.co
www.athsport.co
Distributed by
ATH
Honolulu, HI 96813
© 2022 ATH Organics

31MRCBC-04



8