

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.

**STRAWBERRY KIWI FLAVOR - NET WEIGHT 295g (.65lbs)
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 (9.8g/.34oz)
Servings Per Container: 30

	Amount Per Serving	% DV*
Calories	25	
Chloride (from Potassium Chloride, Sodium Chloride, Himalayan Pink Salt)	165mg	7%
Sodium (from Himalayan Pink Salt, Sodium Chloride)	50mg	2%
Potassium (Natural Flavor, Potassium Chloride)	120mg	3%
Branch Chain Amino Acids 2:1:1 (Leucine, IsoLeucine, Valine) (as InstAminos™)	5,000mg	**
L-Glutamine	2,500mg	**
Sour Cherry (<i>Prunus cerasus</i>) Fruit Extract	100mg	**
Pomegranate (<i>Punica granatum</i>) Pericarp Extract	100mg	**

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

** % Daily Value (DV) not established.

OTHER INGREDIENTS: Natural Flavors, Malic Acid, Citric Acid, RebaudiosideA Leaf Extract, Beet Root Juice Extract, Luo Han Guo Fruit Extract, Himalayan Pink Salt

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!

@athsport.co



MANUFACTURED IN A
FDA
REGISTERED AND
INSPECTED FACILITY



Visit us online at
athsport.co

For questions or concerns:
Email or text
(808) 378-3696
support@athsport.co
www.athsport.co

Distributed by
ATH
Honolulu, HI 96813
© 2021 ATH Organics

