

ath

PLANT PROTEIN

SPORTS NUTRITION, REDEFINED.

COFFEE FLAVOR - NET WEIGHT 1.88lb (857g)
DIETARY SUPPLEMENT



ATH proudly uses only the very best natural ingredients

Supplement Facts		
Serving Size: 1 scoop (28.5g/ 1oz)		
Servings Per Container: 30		
	Amount Per Serving	% DV
Calories	110	
Total Fat	2.5g	3%
Saturated Fat	1.0g	5%
Polyunsaturated Fat	0.5g	**
Total Carbohydrates	4g	1%
Dietary Fiber	<1g	3%
Protein	20g	**
Chloride (as Sea Salt)	180mg	8%
Sodium	340mg	15%
Potassium	90mg	2%
Jerusalem Artichoke (<i>Helianthus tuberosus</i>) Inulin Root Powder (Organic)	500mg	**
Maca (<i>Lepidium meyenii</i>) Root Powder (Organic)	250mg	**
Antioxidant Blend (Betta Berries™) (Cabbage Palm Fruit Juice, Acerola Fruit, Amla Fruit, Myrciaria Cauliflora Fruit Pulp, Cranberry Fruit, Lycium Fruit Juice, Mangosteen Whole Fruit, Maqui Whole Fruit, Pomegranate Seeds, Strawberry Fruit Juice, Schisandra Berry)	250mg	**
Chia (<i>Salvia hispanica L.</i>) Seed Powder	50mg	**
Flax (<i>Linum usitatissimum</i>) Seed Powder (Organic)	50mg	**
* Percent Daily Values are based on a 2,000 calorie diet.		
** % Daily Value not established.		

OTHER INGREDIENTS: Pea Protein Isolate, Sprouted Brown Rice Protein, Cocoa Powder, Oatzi™ Oat Milk Blend (Whole Oat Flour, Medium Chain Triglycerides, Sunflower Oil Powder, Organic Tapioca Maltodextrin, Sea Salt), Natural Flavors, Stevia RebaudiosideA Leaf Extract

SUGGESTED USE: Mix 1 scoop with 14 ounces of cold water or almond milk after intense exercise.

Typical Amino Acid Profile (Per Serving)			
Alanine	860mg	Lysine	1320mg
Arginine	1688mg	Methionine	244mg
Aspartic Acid	2204mg	Phenylalanine	1072mg
Cysteine	212mg	Proline	844mg
Glutamic Acid	3276mg	Serine	994mg
Glycine	788mg	Threonine	740mg
Histadine	484mg	Tryptophan	202mg
Isoleucine	922mg	Tyrosine	808mg
Leucine	1600mg	Valine	990mg

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

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