

HELPS WITH



ENERGY†



HYDRATION†



REPLENISHING
ELECTROLYTES†

WHEN TO USE



BEFORE
CONDITIONING



BEFORE
LIFTING



BEFORE
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 diagnose, treat, cure or prevent any disease.

ath

PRE

Energize Your Training
SPORTS NUTRITION, REDEFINED.

FRUIT PUNCH FLAVOR- NET WEIGHT 331g (.73lbs)
DIETARY SUPPLEMENT



Suggested Use: Mix 1 scoop with 8-10oz of ice water in a shaker 30 minutes before training.

ATH proudly uses only the very best quality ingredients.

Supplement Facts

Serving Size: 1 scoop (11g/0.38oz)

Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Calories	40	
Total Fat	1.5g	2%
Saturated Fat	1g	6%
Total Carbohydrates	6g	2%
Total Sugars	3g	**
Added Sugars	0g	0%
Sodium	75mg	2%
Potassium	75mg	2%
Endurance Blend †	4000mg	**
Isomalutose (Palatinose™)(3000mg)		
Coconut Oil Powder (1000mg)		
VO2 Max Support Blend †	1000mg	**
[Cordyceps (Cordyceps militaris) Mycelial Powder, Reishi (Ganoderma lucidum) Mycelial Powder, King Trumpet (Pleurotus eryngii) Mycelial Powder, Shiitake (Lentinula edodes) Mycelial Powder, Lion's Mane (Hericium erinaceus) Mycelial Powder, and Turkey Tail (Trametes versicolor) Mycelial Powder](Organic)(PEAKO2®)		
Time to Fatigue Blend †	410mg	**
Beet (Beta vulgaris) Root Juice Powder (Organic), Panax Ginseng (Panax ginseng) Root Powder, Rhodiola Rosea Root Extract, Beet (Beta vulgaris) Root Extract		
Natural Energy Blend (100mg of Natural Caffeine) †	267mg	**
Yerba Mate (Ilex paraguariensis) Leaf Extract, Green Tea (Camellia sinensis) Leaf Extract		
Joint Support Blend †	213mg	**
Devil's Claw (Harpagophytum procumbens) Root Extract, Turmeric (Curcuma longa) Rhizomes Extract (Curcumin C3 Complex®), Ginger (Zingiber officinale) Root Extract		
Absorption Blend †	5mg	**
Black Pepper (Piper nigrum) Fruit Extract (BioPerine®)		

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

** % Daily Value not established.

OTHER INGREDIENTS: Oatzi™ Oat Milk Blend (Whole Oat Flour, Medium Chain Triglycerides, Sunflower Oil Powder, Organic Tapioca Maltodextrin, Sea Salt), Natural Flavors, Citric Acid, Malic Acid, Natural Carrot Root Juice Color, Sodium Citrate, Tripotassium Citrate, Stevia RebaudiosideA Leaf Extract.

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

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