



Supplement Facts

Servings Size: 1 Scoop (8.7g) / 2 Scoops (17.4g)
Servings Per Container: 42 (1 Scoop) / 21 (2 Scoops)

Amount Per Serving	1 Scoop	%DV*	2 Scoops	%DV*
Calories	5		10	
Total Carbohydrate	1g	<1%	2g	1%
Total Sugar (From Coconut Water)	0.5g	**	1g	**
Sodium (as Pink Himalayan Sea Salt)	75mg	4%	150mg	8%
Calcium (Calci-K®)	47.5mg	5%	95mg	10%
Potassium (Calci-K®)	40mg	1%	80mg	2%
Phosphorus (Calci-K®)	40mg	4%	80mg	8%
BCAA				
L-Leucine	1500mg	**	3000mg	**
L-Isoleucine	750mg	**	1500mg	**
L-Valine	750mg	**	1500mg	**
EAA				
L-Threonine	625mg	**	1250mg	**
L-Phenylalanine	625mg	**	1250mg	**
L-Lysine	500mg	**	1000mg	**
L-Methionine	137.5mg	**	275mg	**
L-Histidine	62.5mg	**	125mg	**
L-Tryptophan	50mg	**	100mg	**
ELECTROLYTE & HYDRATION MATRIX				
Taurine	1000mg	**	2000mg	**
Raw Coconut (Cocos nucifera) Water Powder	500mg	**	1000mg	**
Calcium Potassium Phosphate Citrate (Calci-K®)	250mg	**	500mg	**
Aquamin® (Trace minerals derived from red marine Algae)	125mg	**	250mg	**
ABSORPTION MATRIX				
AstraGin® (Astragalus membranaceus (root) Panax notoginseng (root))	25mg	**	50mg	**

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

Other Ingredients: Citric Acid, Malic Acid, Tartaric Acid, Natural & Artificial Flavors, Sucralose, FD&C Blue #1, FD&C Yellow 5.