NON-GMO WHEY & CASEIN

ath Post was originally created for Brazilian Jiu Jitsu Fighters & Surfers to recover after intense training using a natural blend of amino acids and carbohydrates that helps reduce muscle soreness and build lean muscle.†

Our protein recovery shake is packed with natural antioxidants & a blend of six electrolytes that combat the effects of overtraining and improve rehydration after intense exercise.†

Flavored using Cocoa and sweetened with a touch of all natural Stevia and Lo Han Fruit Extract, *ath* Post is the best tasting recovery shake on the market!

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat or cure any disease.

ath

POST

3:1 Muscle Recovery

NON-GMO PROTEIN & CARBOHYDRATE BLEND

COCOA FLAVOR · NET WEIGHT 3lb 15.5oz (1.8Kg)
WHOLE FOOD DIETARY SUPPLEMENT

Supplement Facts

Serving Size 3 scoops (90g/3.17oz)
Servings Per Container 20

Amount Per Serving	% DV
Calories 340	
Calories from Fat 18	
Total Fat 2g	3%*
Saturated Fat <1g	5%*
Unsaturated Fat 0g	**
Cholesterol 34mg	11%*
Total Carbohydrates 64g	21%*
Dietary Fiber 2g	8%*
Sugars 27g	**
Protein 19g	31%*
Vitamin C 200mg	333%
Vitamin E 30IU	100%
Calcium 76mg	8%
Phosphorous 40mg	5%
Magnesium 240mg	60%
Sodium 210mg	8%
Potassium 400mg	11%
L-Glutamine 2,000mg	**

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

INGREDIENTS: Maltodextrin, Dextrose, Whey Protein Concentrate, Calcium Caseinate, Natural Flavors, L-Glutamine, Magnesium Citrate, Sodium Chloride, Potassium Citrate, Corn Sugar Gum, Ascorbic Acid (Vitamin C), Lo Han Guo, Stevia, Calcium Citrate, Vitamin E Acetate (Citric Acid), Silicon Dioxide.

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

Store at room temperature. Avoid excess heat above 104°F (40° C).

Suggested Use: Mix 3 scoops with 14 ounces of cold water or almond milk after intense exercise.

2000mg Glutamine

200mg Vitamin C

400mg Potassium

19g PROTEIN

3:1 Ratio

ZERO TABLE SUGAR

TUNE IN TO OUR PODCAST *ath* MAT ROOM

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