ATHLETE GRADE NUTRITION

ath Plant Protein was originally created for Brazilian Jiu Jitsu fighters & Surfers to recover from intense training by delivering a complete profile of nutrients from ethically sourced plant ingredients. Fighters & Watermen share a common interest in maximzing their performance while never compromising their health.

Each serving contains 20 grams of plant protein derived from a combination of Organic Brown Rice Protein & Organic Pea Protein. Our nutrient dense carbohydrate and vitamin & mineral profile comes from an Organic blend of plant superfoods all packed into one shake: Sacha Inchi, Chia Seed, Quinoa Sprout, Flax Seed, Amaranth Sprout, Millet Sprout, and Red Clover Sprout. *ath* Plant Protein is naturally sweetened with Lo Han Fruit Extract and flavored using all natural Tahitian Vanilla Bean.

Free of gluten, soy, artificial colors, artificial sweeteners, common-allergens, lactose, and heavy metals.

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

ath

PLANT PROTEIN

Organic Plant Blend

NON-GMO, VEGAN, & GLUTEN FREE

TAHITIAN VANILLA BEAN FLAVOR · NET WEIGHT 1.98 LB
WHOLE FOOD DIETARY SUPPLEMENT

USDA ORGANIC

Nutrition Facts

Serving Size: 1 scoop (59g)
Servings Per Container: 30

Amount Per Serving	% DV
Calories 120 (Calories from Fat: 20)	
Total Fat 2g	3%*
Saturated Fat 0g	0%*
Unsaturated Fat 0g	**
Trans Fat 0g	**
Cholesterol 0mg	0%*
Sodium 20mg	1%*
Potassium 20mg	1%*
Total Carbohydrates 6g	3%*
Dietary Fiber 3g	9%*
Sugars 2g	**
Protein 20g	

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

INGREDIENTS: Organic Rice Protein, Organic Brown Rice Syrup Solids, Natural Vanilla Flavor, Organic Sacha Inchi, Organic Inulin, Organic Pea Protein, Organic Chia Seed, Organic Flax Seed, Organic Quinoa Sprout, Organic Flax Seed Sprout, Organic Amaranth Sprout, Organic Millet Sprout, Organic Red Clover Sprout, Organic Guar Gum, Organic Arabic Gum, Lo Han Berry Extract.

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

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

Suggested Use: Mix 1 scoop with 14 ounces of cold water or almond milk after training or as a meal.

20g PROTEIN · KOSHER · PLANT BASED

NON-GMO · PLEASE RECYCLE · GLUTEN FREE

TUNE IN TO OUR PODCAST *ath* MAT ROOM

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