

ARM | PROTEIN

Almond Recovery Mix

Vegan
Soy Free
Non-GMO

100% Almond-Based Protein Powder
Made with three All-Natural Ingredients
Processed and Packaged in Vancouver, BC
Developed by Professional Athletes
Vegan | Soy-Free | Gluten-Free | Dairy-Free
Smooth Chocolate shake with no aftertaste

Ingredients
Almonds
Coconut Nectar
Cocoa



194mg
Magnesium

21g
Protein

2.5g
BCAA



ALMOND PROTEIN POWDER

Available in
930g bag or 20 single serving box

Flavours
Chocolate | Natural

Excellent Source of: Magnesium - Phosphorus - Manganese - Copper - Calcium - Fiber - Zinc

Good Source of: Protein - Iron - Potassium

Nutrition Facts	
Valeur nutritive	
20 Servings per container	
Per 1 scoop (46 g)	
Pour 1 mesure (46 g)	
Amount	% Daily Value*
Teneur	% valeur quotidienne*
Calories 167	
Fat / Lipides 3 g	5%
Saturated / Saturés 0.3 g	1%
Trans / Trans 0 g	0%
Carbohydrates / Glucides 14 g	5%
Sugars / Sucres 8 g	8%
Fibre / Fibres 6 g	24%
Protein / Proteines 21 g	
Cholesterol / Cholesterol 0 g	
Sodium 12 mg	<1%
Calcium / Calcium 235 mg	21%
Potassium / Potassium 567 mg	17%
Iron / Fer 2.3 mg	16%
Magnesium / Magnésium 194 mg	46%
Vitamin A / Vitamine A <0.50 mg	0%
Vitamin C / Vitamine C <0.50 mg	0%
Phosphorus / Phosphore 347 mg	28%
Zinc 2.2 mg	20%
Manganese / Manganèse 1.1 mg	48%
Copper / Cuivre 0.7 mg	74%
BCAA / AACR 2.5 g	
Valine 719 mg	
Isoleucine 647 mg	
Leucine 1,132 mg	
Ingredients: Almonds, Coconut Nectar, Cocoa	
Ingrédients: Amandes, nectar de noix de coco, cacao	
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice	

Amino Acid:

Hydrated Amino Acid Content

Milligrams per 46g serving

L-Cysteine + L-Methionine	399
L-Tryptophan	229
L-Aspartic Acid + L Asparagine	2,140
L-Threonine	528
L-Serine	705
L-Glutamic Acid + L Glutamine	5,271
L-Proline	770
L-Glycine	1,221
L-Alanine	851
L-Valine	710
L-Isoleucine	639
L-Leucine	1,117
L-Tyrosine + L-Phenylalanine	1,568
L-Lysine	540
L-Histidine	470
L-Arginine	2,232

Storage Recommendations:

Shelf life at ambient conditions - 18 months. Optimum storage condition of (36 - 40 F) at 65% - 70% relative humidity are ideal for almonds

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Daily Value

Percent daily values are based on a 2000 calorie diet. Your daily values maybe higher or lower depending on your calorie needs.



* All values displayed represent ARM's Chocolate Almond flavour and are subject to Natural Variability