

PHYTOSPORT AFTER WORKOUT (RECOVERY) COMPARISON



Ingredients	PhytoSport After Workout	SciVation Xtend	bpi Sports Best BCAA	Cellucor COR-Performance BCAA	Optimum Nutrition Amino Energy	Vega Sport Accelerator
Calories	40	0	0	0	10	80
Total Carbs	6 g	0	0	0	2 g	17 g
Carbs from Sugar	1 g	0	0	0	1 g	15 g
Protein	0	0	0	0	0	4 g
Vitamin B6	n/a	640 mcg	n/a	n/a	n/a	n/a
Vitamin B12	4 mcg	n/a	n/a	n/a	n/a	n/a
Chloride	n/a	n/a	n/a	n/a	n/a	n/a
Calcium	100 mg	n/a	n/a	n/a	n/a	154 mg
Magnesium	100 mg	n/a	n/a	n/a	n/a	220 mg
Sodium	39 mg	220 mg	n/a	n/a	n/a	20 mg
Potassium	29 mg	170 mg	n/a	n/a	n/a	100 mg
L-Leucine	1750 mg	3500 mg	2500 mg	2500 mg	?	n/a
L-Isoleucine	875 mg	1750 mg	1250 mg	1250 mg	?	n/a
L-Valine	875 mg	1750 mg	1250 mg	1250 mg	?	n/a
Total BCAA's	3.5 g	7g	5g	5g	5 g (blend)	n/a
Ginseng/Tumeric & Cayenne	189 mg	n/a	n/a	n/a	n/a	178mg
L-Glutamine	n/a	2500 mg	n/a	n/a	?	n/a
L-Citrulline	n/a	1000 mg	n/a	2000 mg	n/a	n/a
L-Arginine	n/a	n/a	n/a	n/a	n/a	500 mg
Caffeine (stimulants)	no	n/a	n/a	n/a	100 mg	no
Artificial Colouring	no	yes	yes	yes	yes	no
Artificial Flavours	no	yes	yes	yes	yes	no
Artificial Sweeteners	no	yes	yes	yes	yes	no
Soy Lecithin	no	yes	n/a	n/a	yes	no

* This comparison was created by an Independent Consultant with Arbonne International, not in association with Arbonne, LLC.

* Data was taken from accessible packaging through each companies online website.

* Comparisons based on a single serving of each of the products listed in the table.