

ELITE PROTEIN AT ITS PUREST™

THE ASCENT® STORY

OUR NATIVE FUEL® PROTEIN IS MADE WITH NATIVE WHEY, WHICH IS — SIMPLY PUT — THE BENCHMARK IN PROTEIN PURITY. NATIVE WHEY IS THE LEAST-PROCESSED PROTEIN AVAILABLE TODAY BECAUSE IT'S FILTERED DIRECTLY FROM HIGH-QUALITY MILK. IT ALSO CONTAINS HIGHER LEVELS OF NATURALLY OCCURRING LEUCINE, A KEY AMINO ACID FOR STIMULATING MUSCLE PROTEIN SYNTHESIS.

WE'RE ABLE TO DO THIS BECAUSE, UNLIKE MOST COMPANIES, WE DON'T BUY ANY OF OUR PROTEINS. WE MAKE OUR OWN PROTEIN — AND WE'VE BEEN DOING IT FOR OVER 30 YEARS. WE BUY THE MILK FROM TRUSTED DAIRY FARMERS AND THEN FILTER THE PROTEINS IN OUR OWN FACILITIES. WE USE ZERO ARTIFICIAL INGREDIENTS AND AVOID HARMFUL STEPS LIKE "BLEACHING." IT'S NOT THE EASIEST WAY TO DO IT, BUT AS YOU KNOW, REAL RESULTS DON'T COME FROM EASY.

FIND OUT MORE AT ASCENTPROTEIN.COM

ASCENT®

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Nutrition Facts

About 29 servings per container
Serving size 1 Rounded Scoop (31g)

Amount Per Serving
Calories 120

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 40mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber <1g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 25g	50%
Calcium 148mg	10%
Iron 0mg	0%
Vitamin D 4mcg	20%
Potassium 153mg	4%

*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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHEY PROTEIN ISOLATE BLEND (NATIVE WHEY PROTEIN ISOLATE, WHEY PROTEIN ISOLATE), WHEY PROTEIN CONCENTRATE, NATURAL FLAVORS, SUNFLOWER LECITHIN, MONK FRUIT EXTRACT.

ALLERGEN INFORMATION: CONTAINS MILK.
NOTICE: PRODUCED ON EQUIPMENT THAT ALSO PROCESSES TREE NUTS & PEANUTS.

GLUTEN FREE, SOY FREE, rBST/rBGH FREE*

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NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION. DO NOT USE AS A SOLE SOURCE OF NUTRITION. INTENDED FOR HEALTHY ADULTS.

*NO SIGNIFICANT DIFFERENCE HAS BEEN SHOWN BETWEEN DAIRY PRODUCTS DERIVED FROM rBST/rBGH-TREATED AND NON-rBST/rBGH-TREATED COWS.
STORE IN A COOL, DRY PLACE. CONTENTS SOLD BY WEIGHT NOT VOLUME.

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CONSUMER INFO: 1-844-NTV-FUEL

MIXING INSTRUCTIONS

ASCENT PROTEIN POWDER IS INSTANTIZED FOR BETTER MIXING. ADD 1 SCOOP OF POWDER TO YOUR BEVERAGE AND STIR, SHAKE OR BLEND TO YOUR LIKING. FOR A THINNER TEXTURE, USE 8 OR MORE FLUID OUNCES OF BEVERAGE. FOR A THICKER TEXTURE, USE 4 TO 8 FLUID OUNCES OF BEVERAGE.

BRANCHED CHAIN AMINO ACIDS 5.7g
ESSENTIAL AMINO ACIDS 12.1g | LEUCINE 2.7g



1 SCOOP =

JUST ONE SCOOP OF ASCENT PROTEIN WILL DELIVER AS MUCH PROTEIN AS EATING ANY OF THE FOLLOWING:



3 CUPS OF WHOLE MILK



3 (8 OZ) SERVINGS OF YOGURT



4 LARGE EGGS



1 SMALL CHICKEN BREAST



3/4 CUP OF ALMONDS

WLEM2B2

