

## THE ASCENT® STORY

OUR NATIVE FUEL® MICELLAR CASEIN IS — SIMPLY PUT — THE BENCHMARK IN PROTEIN PURITY. WE FILTER OUR PROTEIN DIRECTLY FROM MILK, MAKING IT THE LEAST-PROCESSED MICELLAR CASEIN PROTEIN AVAILABLE — DELIVERED IN ITS PUREST FORM.

MICELLAR CASEIN IS A COMPLEMENTARY PROTEIN TO WHEY, AND BOTH PROTEINS PROVIDE EXCEPTIONAL BENEFITS FOR YOUR DAILY FITNESS ROUTINE. WHEY GETS MUSCLE REPAIR STARTED IMMEDIATELY POST-WORKOUT, BECAUSE IT IS RAPIDLY ABSORBED INTO YOUR SYSTEM. MICELLAR CASEIN PROVIDES A SLOW AND SUSTAINED RELEASE OF ESSENTIAL AMINO ACIDS. WHEN TAKEN AT NIGHT, THIS HELPS PREVENT MUSCULAR DETERIORATION AND PROMOTES THE BODY'S ABILITY TO REPAIR AND IMPROVE DURING ITS NATURAL RECOVERY PERIOD — SLEEP.

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®

ELITE PROTEIN AT ITS PUREST

MCCCH0C2B2



## Nutrition Facts

About 25 servings per container  
Serving size 1 Rounded Scoop (36g)

Amount Per Serving  
**Calories 120**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 25g	<b>50%</b>
<b>Calcium</b> 665mg	<b>50%</b>
<b>Iron</b> 1mg	<b>6%</b>
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Potassium</b> 200mg	<b>4%</b>

\*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:** MICELLAR CASEIN, COCOA (PROCESSED WITH ALKALI), NATURAL FLAVORS, GUM BLEND (GUAR, ACACIA, XANTHAN), SEA SALT, SUNFLOWER LECITHIN, MONK FRUIT EXTRACT, STEVIA LEAF EXTRACT.

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

**GLUTEN FREE, SOY FREE, rBST/rBGH FREE\***

DISTRIBUTED BY LEPRINO PERFORMANCE BRANDS LLC  
1830 WEST 38TH AVE., DENVER, CO 80211

**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.

[WWW.ASCENTPROTEIN.COM](http://WWW.ASCENTPROTEIN.COM)

**CONSUMER INFO: 1-844-NTV-FUEL**

## MIXING INSTRUCTIONS

ASCENT PROTEIN POWDER IS INSTANTIZED FOR BETTER MIXING. TO MAKE A SHAKE, ADD 1 SCOOP OF POWDER TO 10 TO 12 FLUID OUNCES OF BEVERAGE AND STIR, SHAKE OR BLEND TO YOUR LIKING. TO MAKE INTO A PUDDING, ADD 1 SCOOP OF POWDER TO A BOWL, ADD 5 OZ. OF LIQUID, STIR AND CHILL FOR 5 MINUTES.

**BRANCHED CHAIN AMINO ACIDS** 4.9g  
**ESSENTIAL AMINO ACIDS** 10.7g | **LEUCINE** 2.2g



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

