

ASCEND Elite Muscle natural BCAA-rich fraction accelerates your muscle development in response to strength training. Clinical studies showed an amazing doubling in strength gain.

ASCEND Elite Muscle is a highly purified, fractionated whey protein powder with an incredibly high concentration of naturally intact ultra-active branch chain amino acids (26.6 per 100g), particularly leucine.

Benefits to You

Whey protein isolates are well understood to assist in your muscle development by providing a rich source of the critical amino acids for growing muscles. Not all WPI's are equal, however, as their protein profiles and amino acid compositions vary widely. This impacts effectiveness.

Using revolutionary technology, the BCAA-rich fraction of WPI is concentrated to create NatraBoost BLG, the active component in ASCEND Elite Muscle. This contains the highest naturally occurring levels of BCAAs compared to other natural proteins. The branch chain amino acids, leucine, valine and isoleucine, provide essential nutrients not produced by the body that are necessary for your muscle development in response to strength training.

The active protein in ASCEND Elite Muscle, NatraBoost BLG, cannot be found in any other supplement in the market. This is your chance to be the best you can be!

Directions for Use

A recommended serve is 25g (one scoop).

On training days maximum benefit can be achieved by consuming ASCEND Elite Muscle immediately after training. On non-training days take one 25g serve in the morning.

NUTRITION INFORMATION - VANILLA

SERVINGS PER CONTAINER: 40 SERVING SIZE: 25g (ONE SCOOP)		
	PER 25g	PER 100g
ENERGY	390kJ	1560kJ
PROTEIN	22g	88g
FAT - TOTAL	0.4g	1.6g
- SATURATED	0.3g	1.2g
CARBOHYDRATES		
- TOTAL	0.1g	0.4g
- SUGARS	0.1g	0.4g
SODIUM	97mg	388mg

NUTRITION INFORMATION - CHOCOLATE

SERVINGS PER CONTAINER: 40 SERVING SIZE: 25g (ONE SCOOP)		
	PER 25g	PER 100g
ENERGY	372kJ	1488kJ
PROTEIN	21g	84g
FAT - TOTAL	0.4g	1.5g
- SATURATED	0.3g	1.1g
CARBOHYDRATES		
- TOTAL	0.1g	0.4g
- SUGARS	0.1g	0.4g
SODIUM	97mg	364mg

NATURAL AMINO ACIDS g PER 100g PROTEIN

ALANINE	5.1
ARGININE	2.6
ASPARTIC ACID	10.4
CYSTINE	1.9
GLUTAMIC ACID	17.1
GLYCINE	1.3
HISTIDINE	1.6
LYSINE	10.2
METHIONINE	2.5
PHENYLALANINE	3.3
PROLINE	4.3
SERINE	3.1
THREONINE	4.3
TRYPTOPHAN	2.3
TYROSINE	4.0

BRANCHED CHAIN AMINO ACIDS (BCAA) g PER 100g PROTEIN

ISOLEUCINE	6.1
LEUCINE	15.3
VALINE	5.2

Add 25g of ASCEND Elite Muscle to approximately 200mL of water or milk and shake until dissolved.

Pack Sizes & Flavours

ASCEND Elite Muscle is available in two different flavours: chocolate and vanilla. Both flavours can be purchased in a 1kg bottle.

Active Ingredients

NatraBoost BLG (instant whey protein isolate)

Other Ingredients

- Soy lecithin (for instantising)
- Cocoa (in chocolate variant only)
- Flavour
- Sucralose

Precautions

If you have a known milk or soy allergy you should seek professional advice before use.

