

ASCEND Sport WPI is a great tasting, pure Whey Protein Isolate for your maximum protein intake. It is low in fat, lactose and carbohydrate and is 100% fast whey protein for muscle development.

ASCEND Sport WPI is manufactured using “cold continuous anion exchange chromatography” to produce a unique, highly purified whey protein isolate, rich in essential amino acids, containing the highest level of glycomacropeptide (GMP).

Benefits to You

Whey proteins are described as fast proteins. Rapidly absorbed after exercise and rich in essential amino acids, they provide you an immediate source of nutrition essential to the development of your muscle cells.

Acknowledged as the leader in the manufacture of whey proteins, we control milk supply from the farm to the manufacture of ASCEND Sport WPI. This assures you receive product of the highest quality possible, unadulterated with any inferior quality ingredients.

Recommended Usage

A recommended serve is 25g (one scoop). The amount of protein supplementation required in the diet will vary depending on your body size and your individual muscle development targets. We suggest incorporating at least one, and up to 3 serves of ASCEND Sport WPI into your nutrition plan per day.

On training days maximum benefit can be achieved by consuming ASCEND Sport WPI immediately after training.

Add 25g of ASCEND Sport WPI to approximately 200mL of water or milk and shake until dissolved. ASCEND Sport WPI is instantised to ensure rapid hydration and ease of use.

Pack Sizes & Flavours

ASCEND Sport WPI is available in three different flavours: natural, chocolate and vanilla. All three flavours are can be purchased in either a 1kg bottle or an economical 4kg pack.

Active Ingredients

NatraPro WPI (instant whey protein isolate)

Other Ingredients

- Soy lecithin (for instantising)
- Cocoa (in chocolate variant only)
- Flavour (there is no flavour in the Natural variant)
- Sucralose (there is no sucralose in the Natural variant)

Precautions

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

NATURAL AMINO ACIDS g PER 100g PROTEIN	
ALANINE	5.3
ARGININE	2.2
ASPARTIC ACID	10.2
CYSTINE	2.0
GLUTAMIC ACID	19.3
GLYCINE	1.2
HISTIDINE	1.2
ISOLEUCINE	7.5
LEUCINE	10.5
LYSINE	9.4
METHIONINE	2.5
PHENYLALANINE	2.8
PROLINE	2.8
SERINE	4.5
THREONINE	7.3
TRYPTOPHAN	2.3
TYROSINE	2.9
VALINE	6.4

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	1.0g	
CARBOHYDRATES			
- TOTAL	0.1g	0.4g	
- SUGARS	0.1g	0.4g	
SODIUM	159mg	637mg	

NUTRITION INFORMATION - VANILLA			
SERVINGS PER CONTAINER: 40			
SERVING SIZE: 25g (ONE SCOOP)			
	PER 25g	PER 100g	
ENERGY	391kJ	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	170mg	679mg	

NUTRITION INFORMATION - NATURAL			
SERVINGS PER CONTAINER: 40			
SERVING SIZE: 25g (ONE SCOOP)			
	PER 25g	PER 100g	
ENERGY	399kJ	1596kJ	
PROTEIN	22.5g	90g	
FAT - TOTAL	0.4g	1.5g	
- SATURATED	0.3g	1.0g	
CARBOHYDRATES			
- TOTAL	0.1g	0.5g	
- SUGARS	0.1g	0.5g	
SODIUM	175mg	700mg	

