

RECOVERY

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ASCEND Elite Recovery ultra active whey peptide accelerates your strength recovery after exercise. In clinical studies, subjects achieved full strength recovery within a staggering 24-hour period after they had exercised to fatigue. These recovery times are unheard of! Train Harder More Often.

Benefits to You

ASCEND Elite Recovery contains the active component NatraBoost XR. In developing NatraBoost XR, hundreds of hydrolysed proteins were analysed for critical biological activities using living human muscle cells. Only NatraBoost XR demonstrated massive gains in strength recovery in both cellular and human clinical trials.

After maximum training, athletes take up to five days for full strength recovery. The unique peptides in ASCEND Elite Recovery reduces this period to around 24 hours, allowing you to train harder, more often and to reach your potential faster. The benefits of ASCEND Elite Recovery are unique and unrivalled. 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 Recovery immediately after training. On non-training days take one 25g serve in the evening.

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

Pack Sizes & Flavours

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

Active Ingredients

NatraBoost XR (instant hydrolysed 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.

NUTRITION INFORMATION - VANILLA

SERVINGS PER CONTAINER: 40
SERVING SIZE: 25g (ONE SCOOP)

	PER 25g	PER 100g
ENERGY	376kJ	1502kJ
PROTEIN	19.8g	79.1g
FAT - TOTAL	0.7g	2.7g
- SATURATED	0.5g	1.9g
CARBOHYDRATES		
- TOTAL	0.9g	3.5g
- SUGARS	0.9g	3.5g
SODIUM	204mg	815mg

NUTRITION INFORMATION - CHOCOLATE

SERVINGS PER CONTAINER: 40
SERVING SIZE: 25g (ONE SCOOP)

	PER 25g	PER 100g
ENERGY	356kJ	1425kJ
PROTEIN	18.8g	75g
FAT - TOTAL	0.6g	2.5g
- SATURATED	0.5g	1.8g
CARBOHYDRATES		
- TOTAL	0.8g	3.3g
- SUGARS	0.8g	3.3g
SODIUM	194mg	774mg

NATURAL AMINO ACIDS g PER 100g PROTEIN

ALANINE	5.0
ARGININE	2.4
ASPARTIC ACID	9.2
CYSTINE	2.7
GLUTAMIC ACID	18.2
GLYCINE	1.3
HISTIDINE	1.6
ISOLEUCINE	6.8
LEUCINE	10.5
LYSINE	7.7
METHIONINE	2.6
PHENYLALANINE	3.2
PROLINE	6.6
SERINE	4.8
THREONINE	7.2
TRYPTOPHAN	1.0
TYROSINE	3.4
VALINE	5.8



PROVEN SPORTS PROTEINS™