

SUGGESTED USE To support cognitive health and performance, supplement with one serving of ASCEND every day, preferably with food. You can take a full serving all at once or split it into two equal doses taken several hours apart (we recommend that you try both ways and see which you like best).

As **ASCEND** contains no stimulants, you don't need to assess tolerance, and you can take it the morning or night as desired. If you want to enhance its effects, combine with a meal rich in omega-3 fatty acids or an omega-3 fatty acid supplement like fish or krill oil.

Developed by: Legion Athletics
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† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



ASCEND

CLINICALLY EFFECTIVE INGREDIENTS AND DOSAGES

NOOTROPIC



THINK FASTER[†]



FOCUS DEEPER[†]



FEEL BETTER[†]

120 VEGETARIAN CAPSULES | 30 SERVINGS

DIETARY SUPPLEMENT

SUPPLEMENT FACTS

Serving Size: 4 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV*
Agmatine Sulfate	500 mg	*
Bacopa Monnieri (50% bacosides)	330 mg	*
Citicoline	300 mg	*
L-Alpha Glycerylphosphorylcholine (GPC)	300 mg	*
Uridine Monophosphate	250 mg	*

*Daily Value not established

OTHER INGREDIENTS: Microcrystalline Cellulose, Magnesium Stearate, Silicon Dioxide

WARNING: Not intended for use by persons under the age of 18. Do not exceed recommended dose. Consult your physician prior to use if you are pregnant or nursing, or if you are at risk, have been diagnosed, or are being treated for high blood pressure, heart, kidney, or thyroid, anxiety, depression, seizure disorder, or stroke. KEEP OUT OF REACH OF CHILDREN. STORE IN A COOL DRY PLACE AND AVOID EXCESSIVE HEAT.

ALLERGEN WARNING:
This product was produced in a facility that may also process ingredients containing milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans.



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