

Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV*
Oat (<i>Avena sativa</i>) [Straw] Extract 10:1	800 mg	†
Agmatine Sulfate	500 mg	†
Bacopa (<i>Bacopa monnieri</i>) (Std. to Contain 50% Bacopasides)	330 mg	†
L-Alpha Glycerylphosphorylcholine (GPC)	300 mg	†
Uridine Monophosphate	250 mg	†

*Percent Daily Value Based on a 2,000 Calorie Diet
†Daily Value Not Established

Other Ingredients: Hypromellose (capsule), Microcrystalline Cellulose, Silicon Dioxide, Magnesium Stearate.

Allergen Warning: This product is manufactured in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and shellfish.

SUGGESTED USE: To support cognitive health and performance, supplement with 1 serving of Ascend everyday, preferably with food. You can take a full serving all at once or split it into 2 equal doses taken several hours apart.

*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.

Notice to California Consumers:

WARNING: Consuming this product can expose you to chemicals including lead which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. **KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE AT ROOM TEMPERATURE.**

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ASCEND

NOOTROPIC

- + Boosts focus & memory*
- + Improves creativity & mood*
- + Enhances brain health*

ALL-NATURAL
100%
INGREDIENTS

BACKED BY SCIENCE. PROVEN BY YOU.

Ascend is a 100% natural nootropic ("brain booster") that enhances your focus, memory, mental speed, creativity, mood, and brain health.*

So, if you want to banish "foggy brain" and be able to think faster, focus deeper, and feel better, Ascend is for you.*

Developed by: Legion Athletics
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www.legionathletics.com

30 Servings / Dietary supplement / 120 Vegetarian capsules



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