CRUSH IT | C.O.D.G. | LIVE PASSIONATELY | BUILD COMMUNITY | BE A SERVANT | TAKE RISKS | EARN IT | BE DISCIPLINED | TAKE OWNERSHIP | COLLECT THE GOLD DUST | ETHICS OVER MONEY | STAY HUMBLE

ALL-IN-ONE, OVER-THE-TOP, PREWORKOUT EXPERIENCE.

Over the last 25+ years, I have produced, tested, and tried some of the most well-known and effective preworkout supplements. Being a world champion natural bodybuilder and entrepreneur in the supplement industry, I have worked tirelessly on revolutionizing the industry. Also, as a scientist and consumer, I have been committed to making sure Core Nutritionals® only formulates high-end, efficaciously dosed products for almost 20 years! Our **CRUSH IT**® lifestyle demands this!

Armed with a deep understanding of the nuances that contribute to a successful workout, we set out to create the ultimate preworkout experience. **ASCENSION** is just that! This preworkout checks all the boxes when it comes to pump, power, endurance, hydration, focus, and energy. With this product, there will never be a need to stack another preworkout! ASCENSION will truly bring your workouts to the next level and I hope you enjoy it as much as I do.†

Doug Miller / CEO - Core Nutritionals

WARNING: This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor), PDE5 inhibitor, nitrates for chest pain, or any other medication. Discontinue use and consult your health care professional if you experience adverse reaction to this product. Do not exceed recommended serving. Do not use in combination with caffeine or any stimulants, including but not limited to, coffee, tea, soda, and other dietary supplements or medications. Do not use under extreme conditions of heat, sleep deprivation, extreme cardiovascular exertion or dehydration. Do not combine with alcohol. Do not use if safety seal is broken or missing. Keep out of reach of children.

⚠ **Warning:** Consuming this product can expose you to chemicals including lead, which is known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.

†**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.**

ASCENSION

CORE NUTRITIONALS® PRESENTS

DOUG MILLER Pro Series

ELITE PRE-WORKOUT

PUMP† | PERFORMANCE† | POWER†
HYDRATION† | FOCUS† | ENERGY†

LION ON THE BEACH

20 SERVINGS

DIETARY SUPPLEMENT - NET WT. 28.2 OZ (800 G)
NATURALLY & ARTIFICIALLY FLAVORED

Supplement Facts

Serving Size: 2 Scoops (40g)
Servings Per Container: 20 (40 scoops)

	Amount Per 1/2 Serving (1 scoop)	% DV	Amount Per Serving (2 scoops)	% DV
Magnesium (as Magnesium Citrate)	62.5 mg	15%	125 mg	30%
Potassium (as Potassium Citrate)	154 mg	3.5%	308 mg	7%
Sodium (as Sodium Citrate)	89 mg	4%	178 mg	8%
L-Citrulline	5000 mg	**	10000 mg	**
Beta Alanine	3200 mg	**	6400 mg	**
Creatine Monohydrate	2500 mg	**	5000 mg	**
Arginine Nitrate (as NO3-T®)	1500 mg	**	3000 mg	**
Hydroprime® (65% Glycerol Powder)	1000 mg	**	2000 mg	**
L-Tyrosine	1000 mg	**	2000 mg	**
Taurine	1000 mg	**	2000 mg	**
Alpha-GPC 50%	300 mg	**	600 mg	**
VasoDrive-AP®	254 mg	**	508 mg	**
Caffeine Anhydrous	150 mg	**	300 mg	**
züm-XR® (yields 70% caffeine)	67.5 mg	**	135 mg	**
Bitter Orange Extract (*Citrus aurantium*) (30% Synephrine)	50 mg	**	100 mg	**
CognatiQ® (*Coffea arabica*) (Whole Coffee Fruit Extract)	50 mg	**	100 mg	**
Huperzia serrata Extract (leaf and stem) (1%Huperzine A)	10 mg	**	20 mg	**
Pregnenolone	5 mg	**	10 mg	**
Rauwolscine (*Rauwolfia vomitoria* Root Extract)(std. min 90% Alpha Yohimbine)	1 mg	**	2 mg	**

*** Percent Daily Values are based on a 2,000 calorie diet. ** Daily Value not established.**

Protect from heat, light and moisture. Store at 10-25°C (50-77°F)

Other Ingredients: Natural and Artificial flavors, Citric Acid, Silica, Sucralose, Acesulfame Potassium.

Allergen Information: Contains Milk.

Directions: Mix 2 scoops with 12-16 ounces of water and consume approximately 15-30 minutes prior to your workout.

NO3-T NITRATE TECHNOLOGY NO3-T.COM/PATENTS | HYDRO PRIME | züm XR | cognatiQ Natural Support for Brain Health | VasoDRIVE AP

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CORE NUTRITIONALS

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Distributed By: Core Nutritionals, LLC.
Statesville, NC 28625
www.CoreNutritionals.com
(888) 978-2332

crush it®

WHATEVER YOU DO, WORK HEARTILY, AS FOR THE LORD AND NOT FOR MEN. COLOSSIANS 3:23