

UNICITY LC ASCENT



Every day you embark on a journey upward. Maybe your path leads you up a mountain trail or maybe it leads you to a skyscraper, cubicle, or client meeting. Wherever you are headed, you need the benefits of protein, healthy fat, and nutrients to perform at your best. LC Ascent combines hard-hitting ingredients from across the world to make the beginning of your journey as easy as sipping a delicious frothy jolt.

LC Ascent is a full-spectrum addition to the LC meal replacement family that simplifies your morning routine—giving you the fuel and energy you need, and elevating you to a higher nutritional plane. This new formulation takes a full-spectrum blend of protein sources—including soy, whey, and algae—and combines with a proprietary selection of ingredients that provide sustainable energy and promote overall wellness.

BENEFITS

Promotes sustained energy and satiation.*

Provides necessary daily amounts of essential vitamins, minerals, and amino acids.

Supports mental alertness, limits fatigue, and provides comprehensive support of cognitive capacity.*

Provides a natural source of polyphenols.

Encourages improved exercise performance, increased strength, and muscle hypertrophy when combined with resistance training.

Promotes healthy digestion*

SUGGESTED USE

Combine two scoops (30g) with 8oz (250ml) of water, milk, or comparable beverage. Mix well and enjoy immediately.

For even better results, stick to the 4-4-12 rule. The 4-4-12 rule spaces your meals and allows for fat-

burning intervals in between. Pair with Bios 7 for increased satiety.

AUDIENCE

Primary Target: People looking for a simple and convenient way to get their recommended daily servings of protein, vitamins, minerals, and polyphenols.

Secondary Target: Individuals who currently drinking morning protein shakes that may be missing other essential ingredients required for a meal replacement.

Nutrition Facts	
30 Servings Per Container	
Serving Size	2 Scoops (30g)
Amount Per Serving	120
Calories	<small>% Daily Value*</small>
Total Fat 3g	4%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrates 12g	4%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 12g	24%
Vitamin D 4mcg	20% • Calcium 238mg 20%
Iron 11mg	60% • Potassium 105mg 2%
Vitamin A 219mcg RAE	25% • Vitamin C 35mg 40%
Vitamin E 4.5mg	30% • Vitamin B1 0.75mg 60%
Vitamin B2 0.58mg	45% • Niacin 10.4mg 70%
Vitamin B6 0.66mg	40% • Folate 230mcg DFE 60%
Vitamin B12 1mcg	40% • Biotin 120mcg 400%
Pantothenic Acid 3.6mg	70% • Iodine 95mcg 60%
Magnesium 67mg	15% • Zinc 7.6mg 70%
Copper 0.60mg	70% • Manganese 1.5mg 70%

*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

Chi-Oka Proprietary Protein Blend (Non-GMO Soy Protein, Whey Protein Isolate, Matcha Green Tea, Algae (*Chlorella protothecoides*) Powder), Fructooligosaccharides, Non Dairy Creamer (Sunflower Oil, Maltodextrin, Sodium Caseinate, Mono and Di-Glycerides, Natural Tocopherols, Tricalcium Phosphate), Fructose, Medium Chain Triglycerides, Calcium Carbonate, Natural and Artificial Flavors, *Cordyceps militaris* Powder, Potassium Citrate Monohydrate, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Bromelain, Stevia, Sodium Chloride (Salt), Magnesium Oxide, Papain, Ascorbic Acid (Vitamin C), Ferrous Fumarate,

Biotin, Niacinamide (Niacin), D-Alpha Tocopheryl Acetate (Vitamin E), Zinc Oxide, D-Calcium Pantothenate (Pantothenic Acid), Manganese Sulfate Monohydrate, Copper Gluconate, Vitamin A Palmitate, Folic Acid, Cholecalciferol (Vitamin D3), Potassium Iodide, Pyridoxine Hydrochloride (Vitamin B6), Thiamine Hydrochloride (Vitamin B1), Riboflavin 5'-Phosphate (Vitamin B2), Cyanocobalamin (Vitamin B12).

Contains: Milk and Soy.