



THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

THE BEST (AND WORST) PRE-WORKOUT SUPPLEMENT INGREDIENTS



CAFFEINE

Caffeine helps you lose weight by increasing the amount of energy your body burns throughout the day, and it also improves strength, promotes muscle endurance, and enhances anaerobic performance.

THEANINE

Theanine is an amino acid found primarily in tea and research shows it confers several health benefits, including...

- ✓ Stress reduction
- ✓ Enhanced nitric oxide production (which improves blood flow)
- ✓ Improved focus, alertness, mood and memory

AGMATINE

Preliminary research on agmatine is promising. It may have a variety of uses, including alleviating pain, drug addiction, and depression, as well as improving cognitive function and stimulating the production of nitric oxide (NO).

The latter mechanism – the stimulation of nitric oxide production – is why agmatine is included in various pre-workout supplements. There are two problems with this, however:

01. Years of aggressive marketing have pumped up (pun intended) nitric oxide boosters as something akin to natural steroids, but this is mostly just unwarranted hype.

Yes, certain NO-boosting supplements such as citrulline have been shown to improve physical performance, but most “nitric oxide supplements” on the market just can’t deliver on their promises related to building muscle and strength.

02. There’s a distinct lack of human research on agmatine.

B VITAMINS

Pre-workout supplements often include several B vitamins such as B3, B5, and B12, usually to promote higher energy levels.

There's a distinct lack of evidence that supplementation with B vitamins improves energy levels, however.

CITRULLINE

Citrulline has similar effects to the more known L-arginine, which is unreliable when it comes to stimulating nitric oxide production and is absorbed less effectively than citrulline.

The nitric oxide production encouraged by citrulline has been shown to boost muscle endurance, minimize muscle soreness, and enhance aerobic performance. For best results, try a dose between 6 to 8 grams per day (the range that has demonstrated significant benefits in clinical testing).

BRANCHED-CHAIN AMINO ACIDS

There's plenty of research to cite that shows this combination of the amino acids leucine, isoleucine and valine helps improve immune function, diminishes fatigue, minimizes exercise-induced muscle damage, and enhances post-workout muscle growth.

They're extremely overrated because the bulk of the research used to sell them is misinterpreted and misleading. You see, the truth is the studies' findings just aren't practical to the average physically active person following a sensible workout routine and high-protein diet.

Furthermore, you can give your body all the branched-chain amino acids it needs to recover and build muscle through food alone. In fact, there's research that indicates this is more effective than supplementation.

That said, an argument could be made for the value of BCAA supplementation with athletes training several hours per day, but for the rest of us, it's way more sizzle than steak.

There is one situation where BCAA supplementation makes sense, however, and that's with fasted training.

BETA-ALANINE

When you supplement with beta-alanine, intramuscular carnosine levels rise and you benefit in several ways:

- ✔ A reduction in the fatigue associated with exercise
- ✔ An improvement in anaerobic workout capacity
- ✔ An increase in potential workload, which can lead to an increase in lean mass

L-TYROSINE

L-tyrosine is an amino acid involved in the production of noradrenaline and dopamine.

Research shows that supplementation with L-tyrosine can reduce stress and improve mood and cognitive function.

L-ARGININE

Arginine is an amino acid that is important for maintaining healthy blood flow and nitric oxide levels.

It's a popular supplement among athletes due to its potential for boosting nitric oxide production, but this effect is unreliable due to poor absorption in the intestines.

SYNEPHRINE

Synephrine is a mild stimulant found in high concentrations in the bitter orange fruit. It functions similarly to ephedrine and thus is useful for fat loss purposes.

Specifically, synephrine helps you lose fat faster in three ways:

01. It increases lipolysis activity and basal metabolic rate.
02. It blocks the activity of certain types of fat cell receptors that block fat mobilization.
03. It increases the thermic effect of food.

Now, synephrine might sound like a good ingredient for a pre-workout supplement but I think it's underwhelming, mainly because it's quite weak as a stimulant (not even comparable to caffeine).

I prefer it in a fat loss product instead, which is why I've included 50 mg in each serving of [PHOENIX](#), my caffeine-free fat burner.

BETAINE

Betaine, also known by its scientific name trimethylglycine, is a compound that's found in beets and other plants.

It's gaining more and more popularity among athletes these days for good reason: research shows that betaine supplementation can boost muscle endurance and increase strength.

CREATINE

Creatine is one of the only supplements on the market that's actually proven to directly accelerate muscle growth.

Decades of scientific research have conclusively proven that supplementation with creatine...

- ✓ Improves overall strength and build muscle
- ✓ Increases anaerobic endurance
- ✓ Minimizes the muscle damage and soreness resulting from exercise

That said, I don't think a pre-workout supplement is the right place for it. Here's why:

01. There's [evidence](#) that co-ingesting caffeine with creatine may negate some of its muscle and strength benefits.

On the other hand, I know of [two studies](#) that contradict these findings, demonstrating that ingesting caffeine and creatine together results in greater improvements in exercise performance.

We'll have to see what shakes out of further research, but for now I prefer to "play it safe" by separating my caffeine and creatine intake.

02. There's [evidence](#) that post-workout supplementation with creatine is more effective than pre-workout.

And that's why I have 5 grams of creatine monohydrate in every serving of my [post-workout recovery supplement RECHARGE](#), but none in my [pre-workout PULSE](#).

YOHIMBINE

Yohimbine is a substance derived from the *Pausinystalia yohimbe* plant. It's an effective fat loss aid but the science of how it works is a bit complicated.

Research shows that yohimbine blocks the activity of alpha receptors. This enables your body to reduce fat stores faster, and it's particularly useful as you get leaner and are battling with stubborn fat holdouts.

All that said, I don't think yohimbine is a great pre-workout ingredient for a few reasons:

01. It's not always well tolerated, causing jitters and anxiety in some people.

Pre-workout supplements are meant to be used several times per week, year round, and thus I think should exclude ingredients known to be problematic with even a smaller percentage of people.

02. Overdosing can be dangerous.

And let's face it—the pre-workout supplement is one of the most overdosed types of supplements out there.

03. Its fat loss properties are completely negated by a [pre-workout meal](#).

Some people can't or don't like training fasted and thus won't benefit from yohimbine's fat loss properties.

For these reasons, I think yohimbine is better isolated in a product that you don't have to use year-round and can do without should adverse reactions occur.

This is why I decided to put it in [my pre-workout fat burner FORGE](#), which was created specifically for fasted training.

HOW TO FIND THE BEST PRE-WORKOUT SUPPLEMENT

- ✓ If a pre-workout contains a proprietary blend, move on.
- ✓ If a pre-workout contains a large number of ingredients, that's a red flag.
- ✓ If a pre-workout is heavy on the stimulants, it's up to you.
- ✓ If a pre-workout contains a lot of artificial ingredients, I'm not thrilled.
- ✓ If a pre-workout isn't built around clinically effective dosages of scientifically validated ingredients, move on.

Real science. Real supplements. Real results.
Get the results you want when you shop our line of bodybuilding,
pre-workout and weight loss stacks and supplements.

[Shop Supplements Here](#)

YOU SHOULD BE GETTING MORE FOR YOUR SUPPLEMENT MONEY.