

Physiological Properties and Effects:

Epimedium (icariin 50%) has been found in clinical studies to improve the condition of reproductive organs and increase the circulating levels of testosterone. By increasing levels of dopamine, epinephrine, norepinephrine, and serotonin it causes an energy-promoting effect, and by reducing cortisol levels also produces an anti-stress effect. The icariin found in epimedium can restore low levels of both testosterone and thyroid hormone for improved libido. Studies using epimedium have demonstrated reduced bone breakdown, increased muscle mass, and a loss of body fat. When taken pre-workout, icariin's energy promoting effects excel and an increase in aggression can be noticed

Geranium (1,3 Dimethylpentylamine) produces a chemical effect similar to adrenaline. It strongly stimulates the central nervous system, leading to increased energy, mental clarity, and enhanced physical performance. This has been found to be especially desirable for athletes requiring extreme focus and muscular exertion. In lower dosages (around 20-25 mg) it causes a pleasant and smooth stimulating effect. At 40 mg, and in combination with 200 mg of caffeine, the result is extreme energy, euphoria, and intense focus. There are also secondary fat-loss effects due to an increase in the chemical messenger that triggers fat release (cAMP), as well the thermogenic properties of this combination.

Sulbutiamine stimulates the nervous systems responsible for physical activity, wakefulness, and attention. It is a nootropic agent—a cognitive enhancer with demonstrated clinical effects in improving memory. Sometimes prescribed for patients suffering from lethargy, fatigue, and physical weakness from convalescence, it is a potent stimulant for athletes seeking improved mental and physical performance. A fat soluble derivative of vitamin B-1 (thiamine), sulbutiamine has been shown to promote wakefulness, long term memory, improved response to stress, and positive mood. Typically, the mood uplift subsides easily and promotes restful sleep with vivid dreaming. Taken pre-workout, sulbutiamine creates an intense focus and seems to promote a better mind muscle connection.

L-Tyrosine, an essential amino acid, acts as a precursor to the adrenal hormones norepinephrine, epinephrine, and dopamine. It supports positive mood and also contributes to adrenal, thyroid, and pituitary function by converting to the thyroid hormone thyroxine (T4)—which powerfully stimulates fat loss. Several studies have found tyrosine to effectively mitigate stress, cold, fatigue, prolonged work, and sleep deprivation, by reducing stress hormone levels. Both animal and human clinical trials have demonstrated improvements in cognitive and physical performance. Tyrosine also helps to potentiate the effects of caffeine.

Caffeine is a well-known stimulant for boosting energy and improving mood. In excessive quantities it produces a jittery, nervous feeling. But at 200 mg, it effectively interacts with the other ingredients in this formula to stimulate mental alertness and create a feeling of well-being, while providing added energy for more intense workouts.

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