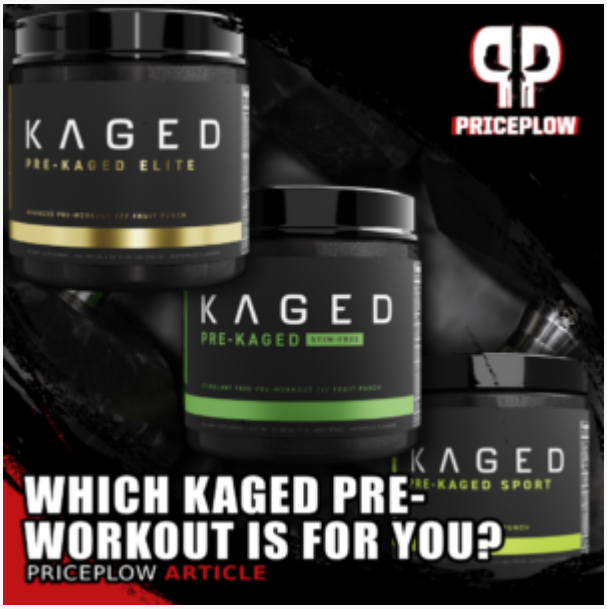
Which Kaged Pre-Workout Supplement is For You?

written by Mike Roberto | June 6, 2022

When it comes to *phenomenal pre-workout supplements*, there's one brand that stands out in the sea of sports nutrition companies: **Kaged**. Known for years as industry innovators thanks to their first supplement, *Pre-Kaged*, the company has since grown – and with it, so have their pre-workout options.



Which Kaged Pre-Workout is for you? Today, we give *four* different options!

Which Kaged Pre-Workout is best for you?!

Pre-Kaged was *years* ahead of its time, but in this category, one size definitely doesn't fit all. Thankfully, Kaged has kept up with additional options, reaching new types of athletes.

In this article, we explore the Kaged pre-workout lineup, and help explain which one is best… *for you*. We break down four main options, with the top-end being the absolutely epic *Pre-Kaged Elite*. However, while we love Pre-Kaged Elite, it isn't for everyone – but the team at Kaged has you covered and then some. Sign up for our Kaged alerts below so you can stay tuned to our latest Kaged news (there's a ton of stuff coming), and then let's break it down:

This page is broken into four sections. You can read straight through, or skip to what you think may work best:

The wonderful Tawna Eubanks McCoy is ready for the next evolution of Kaged. Are you?

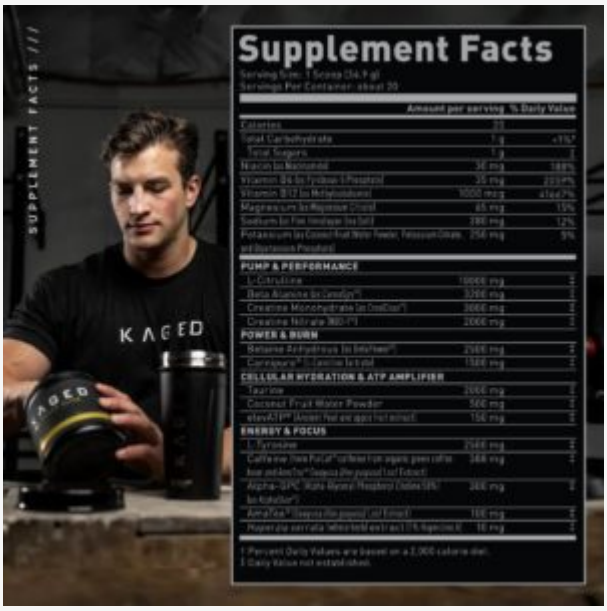
1. **Pre-Kaged Elite:** Elite athletes with the budget
2. **Pre-Kaged:** Serious athletes with lower caffeine tolerances
3. **Pre-Kaged Sport:** Cardio athletes, beginners, or budgeteers
4. **Stimulant-Free Options:** Pre-Kaged Stim-Free or L-Citrulline + Hydra-Charge

Remember, *all Kaged supplements are third-party tested and* ***approved for drug-tested athletes*** with no banned substances, so no matter what you choose, if you're a WADA-tested athlete, you're still choosing wisely.

Pre-Kaged Elite: Top-End athletes going *big*

It's tough to put into words how exciting **Pre-Kaged Elite** is. It blew the doors down right at the start of 2022, and we consistently turn to it anytime we need a *big day* in the gym.

Our main article titled *Pre-Kaged ELITE: The Next Evolution in Pre-Workout Supplements* has the details, but the general gist is that *this* is what big lifters use when they need massive amounts of strength, pumps, energy, and focus. Pre-Kaged Elite has it all.



Kaged started 2022 with a bang, and did it amazingly during supply chain disruptions. Few would even attempt to try this in a *normal* environment, let alone in ’22… but Kaged doesn’t let anything stop their next evolution.

A few bullet points to get the idea across — all in one scoop:

- A whopping ***10*** **grams of L-Citrulline** supplemented with nitrates
- A total of ***388*** **milligrams of *naturally-sourced* caffeine**
- *Clinical* doses of **creatine** *(CreaClear)*, **betaine**, and **beta-alanine** for muscle-building, performance, and more
- A high *2.5 gram* dose of **L-Tyrosine** paired with Alpha-GPC + Huperzine A for focus
- Mitochondria-supporting **taurine**, **carnitine**, and **elevATP** to further synergize with creatine
- Supporting minerals and high-quality B-vitamins

Put simply, Pre-Kaged has it all. To *get* it all, though, you’ll need to be able to handle a hefty dose of caffeine, but we’ve noticed that the caffeine doesn’t strike as hard as you’d imagine thanks to the huge amount of vasodilation from the whopping creatine + nitrate dose.

If you’re going big, have the budget, and can handle the stim, Pre-Kaged Elite is basically impossible to beat. And with it, you won’t have to worry about separate creatine, betaine, or beta-alanine dosing — a great added bonus.

Again, read the full story in our main *Pre-Kaged Elite* article. This is a can’t-miss beast.

Kaged Pre-Kaged Elite – Deals and Price Drop Alerts

Get Price Alerts

Get Pre-Kaged Elite Price AlertsGet Kaged alertsGet Pre Workout Supplements price drops

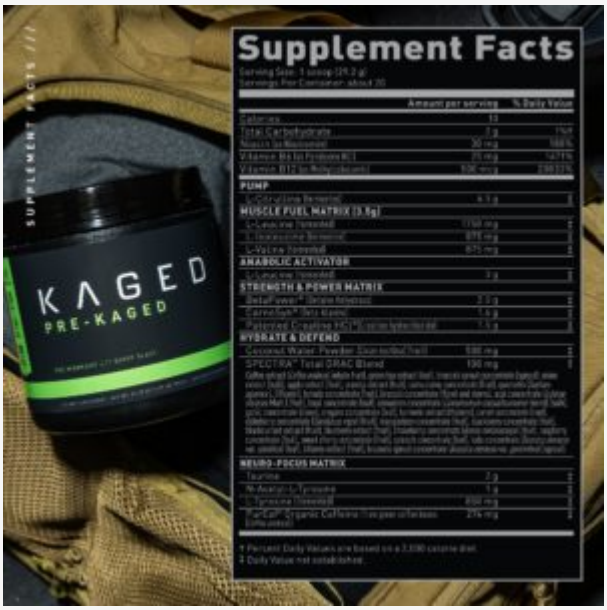
☐ Also get hot deal alerts

No spam, no scams.

Pre-Kaged: The Classic for serious athletes

It's true, Pre-Kaged Elite has a *lot* of caffeine and is on the pricey side. And even though it doesn't *feel* like 388 milligrams of caffeine, and we believe the price is well worth the 20-25 insane training sessions we can get out of it, it's still a lot of stim for many athletes. And possibly *too* much pump!

Thankfully, serious athletes still have a fantastic option: the *classic* option itself: **Pre-Kaged**!



Nearly identical to the original formula released years ago, Kaged was *well* ahead of the curve with the L-citrulline dose and then some, all thanks to Brian Rand's ingenuity!

The formula is nearly identical to the original version released years ago – and with its 6.5 gram fermented L-citrulline dose, it's a formula that was *well* ahead of its time. Pre-Kaged sports the following main bullet points:

- A beyond-clinical and time-tested ***6.5* grams of L-Citrulline**

- ***274* milligrams caffeine** (naturally-sourced and organic)
- Clinical 2.5 grams of **betaine** paired with 1.5 grams creatine HCl
- High-dosed dual **L-Tyrosine** blend for focus
- High-leucine blend of **BCAAs** for mTOR stimulation in fasted athletes

There's also a 1.6 gram dose of beta alanine, which is more friendly to those who don't like the tingling sensation the ingredient can provide.

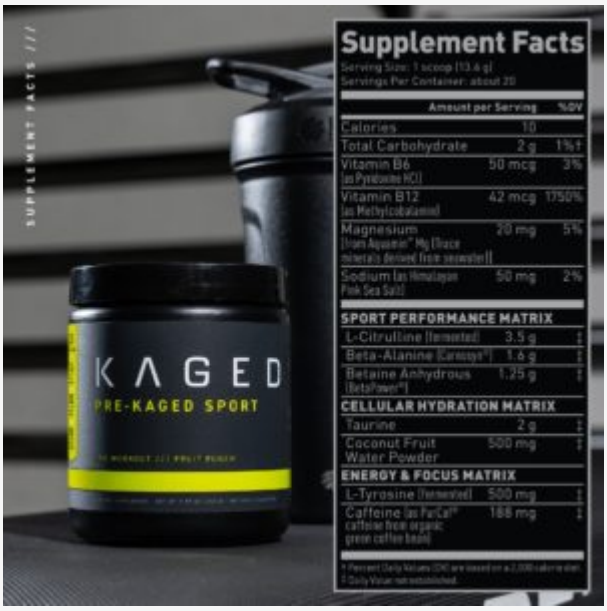
So as you can see, it's a great pre-workout, yet a shelf down from the bombastic Pre-Kaged *Elite*. For some, this makes for a nearly *perfect* pre-workout. But for others, it's worth scrapping together a few more bucks for the top shelf listed above.

Also, for those looking for the most flavor variety, Pre-Kaged is the one. You can read more in our article titled *Pre-Kaged: Kris Gethin's Monster Pre Workout*.

Pre-Kaged *Sport*: For athletes, cardio, and beginners

The above two options are phenomenal – especially in terms of *nitric oxide pumps* – but not everyone needs a vicious blood-flowing pump in their workout. We're talking about all you athletes, cardio beasts, and beginners out there.

Pre-Kaged *Sport* is the entry-level pre-workout supplement from Kaged, providing a more budget-friendly, athletic-friendly workout experience that won't have your muscles too full to finish your run (which is literally what happens to us when we try to touch cardio after a Pre-Kaged Elite fueled workout).



Sports athletes, cardio trainers, smaller people, and beginners don't always need 300+ milligrams of caffeine! In those cases, Pre-Kaged *Sport* is a better solution

Built for an athlete, we get smaller doses of nearly everything, especially citrulline and beta-alanine:

- ***3.5* grams L-citrulline** – still a clinical dose, just not as monstrous
- ***188* milligrams of caffeine** – naturally-sourced but lower dosed
- ***2* grams of taurine** to promote endurance (same dose as Pre-Kaged Elite)
- **1.6 grams of beta-alanine** and **1.25 grams of betaine** for added endurance support

As you can see, this is perfect for athletics, smaller weight lifters, women, and those getting after it on a budget. Performance and some pump, but not so much that it's going to hold back athletic flexibility.

If you're training for a triathlon, for instance, taurine and caffeine are incredibly useful, but do you want 6 grams of citrulline? The answer to that is definitively *no* as far as we're concerned.

Of course, we always keep an eye out for deals. After all, if there's ever a sale here, considering 1.5 to 2 scoops of Pre-Kaged Sport can still be an option for those who enjoy the Pre-Kaged Elite and classic Pre-Kaged options.

You can read our deeper-dive in our article titled *Pre-Kaged SPORT: Built for an Athlete*.

Kaged Pre-Kaged Sport – Deals and Price Drop Alerts

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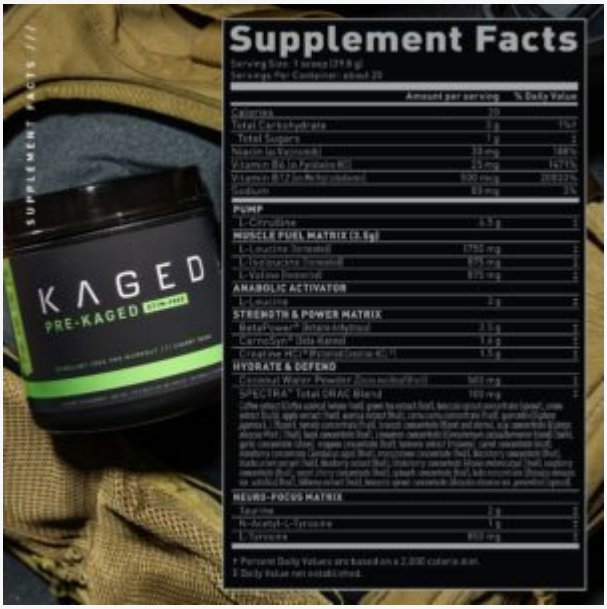
Stimulant-Free Options from Kaged

Of course, there are times when even 188 milligrams of caffeine in Pre-Kaged Sport is too much – such as those who are extremely stimulant-sensitive, training at night, or on a stimulant-break.

In that case, we present to you two reasonable options:

1. **Pre-Kaged Stim-Free**



Same as Pre-Kaged, sans the caffeine!

The same formula as the classic Pre-Kaged described above, simply without caffeine! This gets you 6.5 grams of citrulline for pumps alongside the added endurance-boosters… yet you can take it anytime, any place.

The full story's in our article titled *Pre-Kaged Stim-Free Kicks the Caffeine*.

2. **Kaged L-Citrulline and Hydra-Charge**

   Hydra-Charge has become one of the industry's most popular electrolyte supplements – and to us, the Fruit Punch and Strawberry Yuzu flavors are easily some of the best flavor systems in the entire world. They're *that* good.

   What most people don't know is that Hydra-Charge actually started as a way to flavor Kaged's unflavored single-ingredient supplements like their *fermented L-Citrulline* and *glutamine* options, as well as follow-up standouts like *CreaClear* and *Microencapsulated Glutamine*.

   So our simple and effective "custom" stim-free solution from Kaged is to mix your favorite flavor of Hydra-Charge with their vegan fermented L-Citrulline powder! Simple, effectively, and insanely delicious!

   We did a demo on this back in 2017 with Kaged's BCAA and Hydra-Charge, another training option:

Finally, it's worth mentioning that you can always take *Clean Burn Powder* if you're in weight loss mode, but if you want to chase a pump, you'll need to add some citrulline linked above.

An arsenal to please anyone in the gym or on the team

With a new tagline of *"Never Stop Evolving"*, Kaged Muscle is now KAGED. It's all discussed in episode #058 of the PricePlow Podcast.

It's worth repeating that *all* Kaged supplements are tested and certified to be

free of banned substances. In addition, Kaged maintains the same philosophy they've had since the beginning:

- **All natural colors**
- **Only natural flavoring systems**
- **Naturally-sourced caffeine** (read our article about *why Kaged uses PurCaf*)
- **As little artificial sweetener as possible**

This team gets it, and they *care*. No matter who you are, there's a Kaged Pre-Workout for you. Hopefully now you know which one to get so that you can get the most out of your tub. Only other question is *what flavor* to get… and for that one, sign up for our Kaged news alerts so that you get notified when we sample new flavors coming out this year: