

5% Nutrition KILL IT Reloaded Now Comes in Cosmic Candy

written by Mike Roberto | August 2, 2022

It's been over a year since we covered Rich Piana's updated pre-workout supplement, *KILL IT RELOADED*, which brings the artwork and label to match the name. The formula's gone unchanged since then, which is something we appreciate, since 5% Nutrition is doing a great job to keep Rich's legacy and vision going strong.



The formula sports a solid 325 milligrams of caffeine, illustrating that Rich knew exactly where to put the perfect dose. While there's one higher-stimulant pre-workout in the line named *5150* and the lower-stimulant original Kill It formula, Kill It Reloaded rests square in the middle. And occasionally a new flavor is sent from the heavens:

KILL IT Reloaded Now Comes in *Cosmic Candy* flavor!

Last time we covered Kill It, we discussed the label update to the new white *Legendary* series labels. Another year later, it's time to airdrop a new flavor: **Kill It Reloaded *Cosmic Candy*!**

Today, we'll quickly recap the King of 5% Nutrition's pre-workout supplement, talk a bit about the flavor, and show all of the available options in the menu. But first, take a look at KILL IT Reloaded's availability and sign up for our 5% Nutrition news alerts, since we're always covering 5% Nutrition's perpetually-underrated supplements:

Rich Piana 5% Nutrition Kill It Reloaded – Deals and Price Drop Alerts

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What is Cosmic Candy?!

Cosmic Candy is candy sent down from the heavens. Think *purple* – the social media imagery looks like rock candy, but there almost feels like a bit of purple *Spree* candy in there as well – something we always love.

Kill It Reloaded Ingredients (2021 Updated Edition)

- N.O. Blend
 - L-Citrulline – 4,000mg

COSMIC CANDY

Supplement Facts

Serving Size: 1 Scoop (19g)
Servings Per Container: 23

	Amount Per Serving	% Daily Value
Niacin (Vitamin B3)	30 mg	100%
Choline (as Choline Bitartrate)	250 mg	36%
Sodium (as Sodium Citrate)	20 mg	1%
Potassium (as Potassium Citrate & Inositol-Stabilized Arginine Silicate)	70 mg	1%
N.O. Blend		
L-Citrulline	4,000 mg	**
GlycerSize® (95% Glycerol Powder)	3,500 mg	**
Beta-Alanine	2,500 mg	**
L-Tyrosine	2,500 mg	**
Betaine	1,500 mg	**
Nitrosigine® (Inositol-Stabilized Arginine Silicate)	750 mg	**
Nootropic Blend		
Choline Bitartrate	500 mg	**
L-Theanine	120 mg	**
Huperzine aemata (herb) Extract (std. 1% Huperzine A.)	100 mcg	**
Creatine Blend		
Creatine Monohydrate	2,000 mg	**
Creatine Citrate	250 mg	**
Creatine Pyruvate	250 mg	**
Stim Blend		
Caffeine Anhydrous	267 mg	**
Caffeine Citrate	50 mg	**
Infinergy™ Dicafeine Malate (74% Caffeine)	50 mg	**
Raw Coconut (Coconut Nucleus/Shell) Water Concentrate	150 mg	**

**Data value not established

Other Ingredients: Glucose Polymers, Natural Flavors, Silicon Dioxide, Citric Acid, Sucralose, Acesulfame K, FD&C Blue No. 1

A clinically-validated dose of the main nitric oxide booster that converts to arginine and then provides us with tons of vasodilating, blood flow improving NO for serious pumps.

- **GlycerSize (65% Glycerol Powder) – 3,000mg**

A hydrating osmolyte that helps the body retain water, increasing overall water volume and pressure. This can increase endurance, but most importantly, adds a “cell volumization pump” that is separate from the nitric oxide pump!

- **Beta-Alanine – 2,000mg**

The legendary muscular endurance-supporting amino acid that pairs up with *L-Histidine* to help you form more *carnosine*, which then helps buffer lactic acid from your muscles.

- **L-Taurine – 2,000mg**

Our second hydration-supporting osmolyte ingredient that promotes endurance through numerous mechanisms, including improved mitochondrial health.

- **Betaine – 1,000 mg**



Our third osmolyte, betaine serves as a powerful *methyl donor* to facilitate biological reactions while also improving hydration. It's been shown to help improve performance.

- **Nitrosigine (Inositol-Stabilized Arginine Silicate) – 750 mg**

A patented nitric oxide boosting ingredient from *Nutrition21* that serves as a better form of arginine that functions the way we always hoped arginine would work. On top of supporting citrulline's pump effect, it may provide some nootropic benefits through improved blood flow.

- **Nootropic Blend – 600mg**

- **Choline Bitartrate – 500mg**

A form of choline that helps our bodies generate more *acetylcholine*, which we dub "the learning neurotransmitter". This helps with memory, motor control, focus, and alertness.

- **L-Theanine – 100mg**

An amino acid found in *tea leaves* that helps reduce anxiety, pairing synergistically with caffeine to provide nootropic benefits. We enjoy seeing this when the dose is less than caffeine, which we have here.

- **Huperzia serrata (herb) Extract (std. 1% Huperzine A.) – 100mcg**



Rich Prima
5%
NUTRITION

**4g of Pure L-Citrulline
+
2.5g of GlycerPump = BIGGEST. PUMP. EVER.**

The original Kill It Reloaded release had the black tubs, which are phased out (and we now have more glycerol) – but we had to share this incredible image

To support our choline, this ingredient inhibits an enzyme that breaks down our acetylcholine, keeping acetylcholine around longer for more focus. It can even help the body create new neurons!

- **Creatine Blend – 2,500mg (from 2,300mg Creatine Anhydrous, 100mg Creatine Monohydrate, and 100mg Creatine Pyruvate)**

One of the most studied ingredients out there, creatine works as a phosphate donor that helps the body generate more *ATP*, the energy currency of our cells. This leads to incredible benefits ranging from athletic performance to ergogenic gains to cognitive and wellness improvements.

- **Stim Blend – 367mg providing 325mg total caffeine (from 267mg Caffeine Anhydrous, 50mg Caffeine Citrate [~50% caffeine], and 50mg Infinergy Dicafeine Malate [~73% caffeine])**

A comprehensive stimulant blend that leaves us with a total of 325 milligrams of caffeine to wake you up but keep you going, since it has a bit of delayed release caffeine to keep it going.

- **Raw Coconut (*Cocos nucifera*) (fruit) Water Concentrate – 100mg**

A bit of extra electrolyte support (namely from *potassium*) to balance our near-universal high-sodium diets.

You can see *all* of the details in our original article titled *5% Nutrition Kill It RELOADED Upgraded and Does Rich Piana Proud*.

Available flavors

Here's an up-to-date list of 5% Nutrition's flavors in Kill It Reloaded:



Rich Piana's Pre-Workout Options

Think this is too much – or heaven forbid, *too little* – caffeine?! Well let's see what else Rich Piana and team have for us:

- **Kill It** is Rich's original pre workout, sporting 250 milligrams of caffeine in a two-scoop serving.
- **Kill It RELOADED** – you are here – 325 milligrams of caffeine and more ergogenics
- **5150** is 5% Nutrition's super stim-heavy pre-workout with 400 milligrams of caffeine and a few more exotic energy boosters.
- **Full As F*ck** – stimulant-free (zero caffeine) and all about nitric oxide pumps!



A "Stim Guide" for Rich Piana's Pre Workouts – looks like we may have to update this!!

It's Cosmic Candy Time



Rich Piana would want you to become the best version of yourself

When 5% Nutrition launched Kill It Reloaded, they knew that the original Kill It's 250 milligrams of caffeine was no longer enough for many people (why that is, is another question). It's almost as if Rich's passing threw us into some other dimension where we need perpetually more caffeine. While 300 milligrams was the going rate at that time – and still is – they wanted to go a bit higher, edging it up to 325. This is a perfect dose for a 5-Percenter getting after it.

If it's not enough, then it may be time to check your stim tolerance and take a break... but if you're not ready to do that and there's only one way to go – which is *up* – then check out 5150 paired with Full as F*ck up above!

But for everyone else, if you're a 5-Percenter looking for a new flavor, you've got it in *Cosmic Candy*. So get out there and KILL IT!

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