

Rich Piana 5% Nutrition Knocked The F*CK Out Now Available In Apple Cider

written by Mike Roberto | January 12, 2021



Recovery is key for growth.

Whether your goal is to build muscle, get stronger, lose fat, step on stage, or run a marathon, getting adequate sleep is essential. Rich Piana once said, “There’s no such thing as overtraining. You’re either undertraining or undersleeping.” Regardless of how perfect your diet is or how hard your training sessions are, you can’t adequately recover and progress without proper sleep. But how much sleep do you really need for optimal health and performance?

Well, according to the National Sleep Foundation and the American Academy of Sleep Medicine (AASM), adults (18 to 60) should sleep anywhere from seven to nine hours per night.[1]

Various sleep surveys have estimated that 10 to 30% of adults suffer from chronic insomnia.[2] The AASM defines insomnia as “persistent difficulty with sleep initiation, duration, consolidation or quality.”[2] So even if you set aside the appropriate time for sleep, if you experience insomnia, it’s extremely difficult to get 7 to 9 hours of sleep each night.

Any of the following factors can contribute to insomnia and insufficient sleep:

- Exposure to artificial light at night (i.e. blue light emitted from cell phones, laptops, and televisions)
- Lack of physical activity
- Caffeine consumption
- Poor sleep hygiene

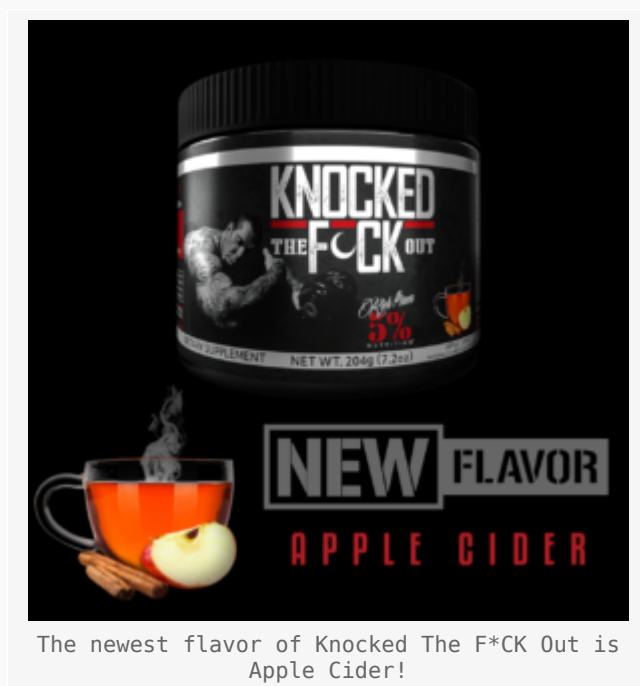
- Work demands
- Social commitments
- Family dynamics[1]

Insufficient sleep, as a result of insomnia and other issues, is associated with several health conditions, including:

- Obesity
- Type 2 diabetes
- Hypertension
- Cardiovascular disease
- Depression
- All-cause mortality[1]

Based on research, it's clear that sleep is paramount for health and performance. Fortunately, for those who suffer from either acute to chronic insomnia, there are some supplements that may help not only improve sleep quality and duration but may also enhance your overall quality of life.

Apple Cider Knocked the F*CK Out: New Flavor, Same Efficacious Formula



Rich Piana was known for his insane gym workouts. But in order to perform at his peak, Piana prioritized nutrition, sleep, and recovery. To help optimize his

sleep, 5% Nutrition created **Knocked the F*CK Out**, a comprehensive sleep-aid that contains natural ingredients, including:

- GABA
- Melatonin
- Chamomile extract
- Lemon balm
- Hibiscus flower
- L-theanine

Knocked the F*CK Out, thanks to efficacious doses of over 10 ingredients, isn't suitable for capsules. So it's only available in a powder. Fortunately, 5% Nutrition made several tasty Knocked the F*CK Out flavors. The newest addition to the line is apple cider!

Considering all of the herbs used to formulate this product, apple cider does a nice job covering up what would undoubtedly be a very bitter bite. It's quite rare to see an apple-flavored supplement in sports nutrition, especially for a sleep-aid. So we're glad to see that 5% Nutrition is getting more creative with their flavors.

Keep reading to learn more about Knocked the F*CK Out and sign up for 5% Nutrition news and deal alerts below!

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Knocked the F*CK Out Ingredient Recap

For optimal results, 5% Nutrition recommends mixing one scoop of Knocked the

F*CK Out with 6 to 8 ounces of cold water and consuming 30 to 45 minutes prior to sleep.

Supplement Facts		
Serving Size: 1 Scoop (6.8 g)		APPLE CIDER
Servings Per Container: 30		
	Amount Per Serving	%Daily Value
Vitamin B6 (as Pyridoxine Hydrochloride)	2 mg	118%
Gamma Aminobutyric Acid (GABA)	750 mg	**
L-Tyrosine	750 mg	**
Chamomile (<i>Matricaria chamomilla</i>) Extract (flower)	650 mg	**
Inositol	500 mg	**
Lemon Balm (<i>Melissa officinalis</i>) Extract (leaf)	500 mg	**
L-Tryptophan	500 mg	**
Passionflower (<i>Passiflora incarnata</i>) (flower) Extract	200 mg	**
Hibiscus (<i>Hibiscus sabdariffa</i>) (flower)	200 mg	**
L-Phenylalanine	75 mg	**
L-Theanine	75 mg	**
5-HTP (L-5-Hydroxytryptophan) [from (<i>Griffonia simplicifolia</i>) Extract (seed)]	30 mg	**
Melatonin	8 mg	**

**Daily Value not established

Other Ingredients: Natural & Artificial Flavors, Malic Acid, Cinnamon, Silicon Dioxide, Sucralose, Acesulfame Potassium

Sleep better with 5% Nutrition Knocked The F*CK Out!

Here's what one serving (~6.8 grams) of Knocked the F*CK Out contains:

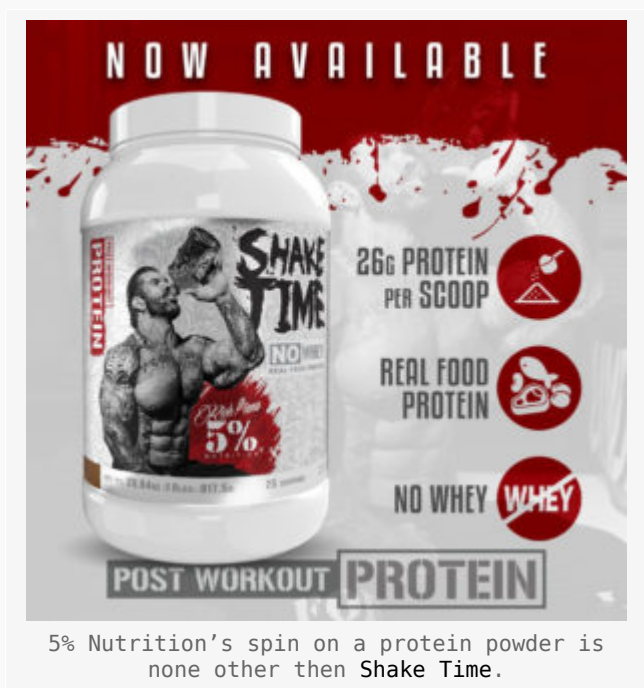
- **Gamma-Aminobutyric Acid (GABA) – 750mg**
- **L-Tyrosine – 750mg**
- **Chamomile Extract – 650mg**
- **Inositol – 500mg**
- **Lemon Balm Extract – 500mg**
- **L-Tryptophan – 500mg**
- **Passionflower Extract – 200mg**
- **Hibiscus Flower Extract – 200mg**
- **L-Phenylalanine – 75mg**
- **L-Theanine – 75mg**
- **5-HTP (5-Hydroxytryptophan) – 30mg**
- **Melatonin – 8mg**

Other Flavors

Besides apple cider, Knocked the F*CK Out is also available in the following flavors:

Prioritize Sleep for Optimal Performance

Whether your goal is to optimize health or performance, you can't overlook your sleep. Both sleep quality and duration are important factors for maximal rest, repair, and recovery. Too often, people prefer to reach for an energy drink, cup of coffee, caffeine pills, or high stimulant pre-workout than to improve their sleep hygiene.



However, relying on caffeine can be problematic and put you at risk of developing a tolerance. So the only way to get that same rush of energy as before, inevitably have to keep increasing the dose. Soon enough, your caffeine intake can get so out of hand that you can actually experience withdrawal symptoms if you try to stop or reduce the amount you consume.

Furthermore, caffeine and lack of sleep cause cortisol levels to rise (the body's main stress hormone), which negatively affects various physiological processes, including those associated with building muscle and losing fat. So if you hit a plateau in the gym or on the scale, something as simple as getting more sleep may reignite your progress.

Rather than relying on caffeine to get you through a busy day, or another workout, we highly recommend taking steps to improve your sleep hygiene by:

- Setting a sleep schedule (i.e. go to sleep and wake up at the same time each day)
- Getting more sunlight exposure early in the day to regulate your circadian rhythm
- Avoiding artificial blue light exposure emitted from laptops, cell phones, televisions, and computers at least two hours before bed
- Being physically active
- Eating large meals two hours or more prior to sleep
- Avoiding caffeinated beverages 5 to 6 hours before sleep

After addressing sleep hygiene, if you still struggle with falling asleep or staying asleep, it may be time to try a sleep-aid supplement, such as Knocked the F*CK Out. 5% Nutrition did a phenomenal job creating an effective sleep-aid with natural ingredients, herbs, and amino acids that will help you fall asleep and stay asleep all night. Moreover, with the new apple cider flavor, you may even look forward to drinking Knocked the F*CK Out.

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References

1. Chaput, J. et al. Nov. 2018. "Sleeping Hours: What is The Ideal Number and How Does Age Impact This?." *Nature and Science of Sleep* vol. 10; 421-30. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6267703/>
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