5% Nutrition Knocked the F*ck Out: Hot Chocolate and Sweet Dreams

written by PricePlow Staff | October 29, 2022

A lot of content, thought, and energy are put towards two of the twin pillars of health in the supplement industry: exercise and diet. They are indeed vital components to get you on the road to being in the best shape of your life – but there's a third element that's just as important to nail down: *sleep*.

Rich Piana's 5% Nutrition has a new flavor of their killer Knocked the F*ck Out recovery supplement: Hot Chocolate.
It's delicious!

Sleep is when all of the gains you make in the gym and at the table are cemented in place. Your body's primary repair and recovery cycles occur during that deep sleep in the middle of the night. Most people are not able to take full advantage of this night-time recovery, and it only makes sense to apply the same supplement wisdom we apply to diet and exercise to sleep as well.

That's where *5% Nutrition*'s **Knocked the F*ck Out** bursts onto the stage. A formula as intense as its name and its creator, Rich Piana, Knocked the F*ck Out is a powerful sleep aid and recovery supplement just waiting to be unleashed on your dreams. And it's here with an incredibly timely and cozy new flavor!

Hot Chocolate: Winter is the time for recovery (and gains)

Knocked the F*ck Out is not made for taking half-measures. It's a full stack sleep aid and recovery supplement, incorporating ingredients with the best bodies of evidence backing their efficacy, including:

- GABA
- Melatonin

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

Hot Chocolate – A perfect sleep aid flavor

It's getting late. Your day is winding down. You already got in a killer workout, maybe fueled by some **Kill It RELOADED**.

Now's the time to chill out with a nice, soothing sleep supplement to make sure your recovery time is as productive as possible. You don't want to be guzzling down any crazy flavors – you want something *simple and smooth*.

Well, as we've all known since we were three years old, there's nothing quite as satisfying on a cold winter's night as a cup of hot cocoa. There could not be a more perfect flavor for a sleep supplement, and that's what Knocked the F*ck Out has brought us: *Hot Chocolate*.

We've already covered the ingredients in Knocked the F*ck out on the PricePlow blog, but we'll go through a crash course down below. First, let's check PricePlow for any deals, as well as our video review on the new flavor:

Rich Piana 5% Nutrition Knocked The F*CK Out – Deals and Price Drop Alerts

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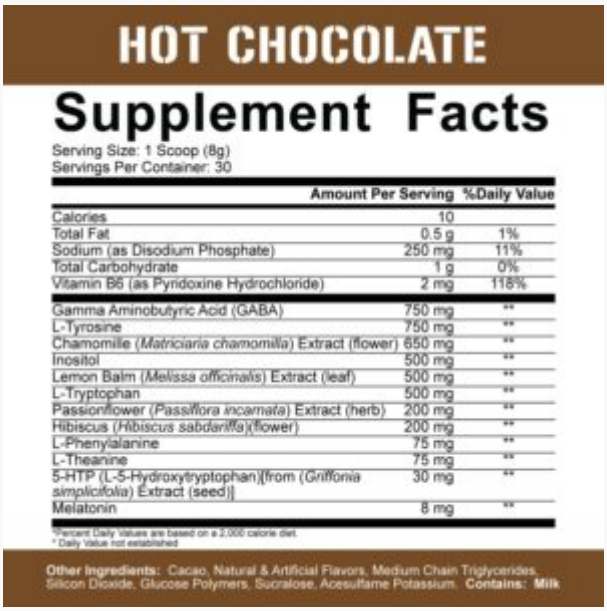
Without further ado, let’s take a look under the hood:

Knocked the F*ck Out – How It Works

Let’s run through the ingredients:

For best results, 5% Nutrition suggests taking one scoop with 6 to 8 ounces of warm water 15 to 30 minutes prior to going to sleep.



HOT CHOCOLATE

Supplement Facts

Serving Size: 1 Scoop (8g)
Servings Per Container: 30

	Amount Per Serving	%Daily Value
Calories	10	
Total Fat	0.5 g	1%
Sodium (as Disodium Phosphate)	250 mg	11%
Total Carbohydrate	1 g	0%
Vitamin B6 (as Pyridoxine Hydrochloride)	2 mg	118%
Gamma Aminobutyric Acid (GABA)	750 mg	**
L-Tyrosine	750 mg	**
Chamomille (*Matricaria chamomilla*) Extract (flower)	650 mg	**
Inositol	500 mg	**
Lemon Balm (*Melissa officinalis*) Extract (leaf)	500 mg	**
L-Tryptophan	500 mg	**
Passionflower (*Passiflora incarnata*) Extract (herb)	200 mg	**
Hibiscus (*Hibiscus sabdariffa*)(flower)	200 mg	**
L-Phenylalanine	75 mg	**
L-Theanine	75 mg	**
5-HTP (L-5-Hydroxytryptophan)(from (*Griffonia simplicifolia*) Extract (seed))	30 mg	**
Melatonin	8 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established

Other Ingredients: Cacao, Natural & Artificial Flavors, Medium Chain Triglycerides, Silicon Dioxide, Glucose Polymers, Sucralose, Acesulfame Potassium. **Contains: Milk**

- **Gamma-aminobutyric acid** *(GABA)* acts as a neurotransmitter that promotes relaxation, and has even been demonstrated to increase growth hormone levels.
- **L-Tyrosine** is an amino acid that has demonstrated its efficacy in increasing *dopamine*, leading to a boost and mood and a decrease in stress.
- **Chamomile extract** has been used for centuries in European folk medicine, and it has been shown to improve sleep quality and curb mood disorders.
- **Inositol**, also referred to as *vitamin B8*, can increase serotonin levels in the brain.
- **Lemon balm extract** is a mild sedative, noted for its calming properties and role in preventing GABA from breaking down.
- **L-tryptophan** is an essential amino acid that is converted by the body into serotonin, and finally into melatonin when conditions are correct, leading to deeper and more restful sleep.
- **Passionflower extract** has been shown to be mildly sedative and present anti-anxiety effects.
- **Hibiscus flower extract** also has anxiolytic and sedative-like properties, reducing stress and allowing for a more restful night’s sleep.
- **L-phenylalanine** is a precursor to tyrosine, which as stated above, increases

neurotransmitters related to mood and decreased stress.

- The amino acid **L-theanine** acts like a neurotransmitter in the brain, inducing a calming and relaxed effect.
- **5-hydroxytryptophan** *(5-HTP)* is backed by numerous studies demonstrating its usefulness in falling and staying asleep.
- While l-tryptophan can lead to the normal creation of melatonin, Knocked the F*ck out has an extra dose of pure **melatonin** for good measure. Melatonin often provides a pronounced sedative effect, and its supplementation is first in line when it comes to fighting against poor sleep quality.

All Knocked the F*ck Out flavors

The previous flavor of Knocked The F*CK Out was Apple Cider – but now we have the Legendary White Tubs instead of the black ones!

Knocked the F*ck Out comes in some other awesome flavors, which you can check out below. We loved the *Apple Cider* flavor in particular.

Flavors for the occasion

Supplement flavors work best when they're tailored to the particular use of the product. In the case of Knocked the F*ck Out, you only throw a scoop in your shaker bottle when you want to fall asleep the minute your head hits the pillow.

We don't want to mess around with a flavor called *Mega Blue Pizzazz* when we're trying to relax after a long day and an intense workout. We want a flavor that *fits the recovery function*, and just like apple cider, hot chocolate does this perfectly – with the added benefit of being seasonally appropriate.

So get your recovery dialed in – let the last thing you remember each night be the delicious chocolatey goodness of **Knocked the F*ck Out** *Hot Chocolate*.

Rich Piana 5% Nutrition Knocked The F*CK Out – Deals and Price Drop Alerts

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