

# Alpha Lion GAIN-O-RADE Tropic Thunder (Tropical Pineapple Juice) Storms the Shores

written by Mike Roberto | February 27, 2020



Alpha Lion has expanded its GAIN-O-RADE flavor arsenal with *Tropic Thunder*, a *Tropical Pineapple Juice* flavor!

In the wake of their epic pre workout supplements (*SuperHuman* and *SuperHuman Supreme*), some of Alpha Lion's *other* supplements don't get enough attention. One of the most underrated full-spectrum essential amino acid blends, **GAIN-O-RADE**, is a prime example.

When GAIN-O-RADE launched in September of 2019, it came in two flavors, and *Grapermelon Gains* (a cleverly-named watermelon + grape blend) stole the show. This took an older Alpha Lion formula named "Unicorn", but added 3x more EAAs, making it one of the most competitive intra workout supplement formulas around.

## **Tropic Thunder strikes: A *Tropical Pineapple Juice* flavor!**

Grapermelon Gains is beyond great, but a brand like Alpha Lion isn't going to leave you with just two choices of such an impressive product. So today, they're launching GAIN-O-RADE in *Tropic Thunder* flavor, which is Alpha Lion's take on **Tropical Pineapple Juice!**

We've got a bit of info below, but first, check availability on PricePLOW and sign up for our Alpha Lion news alerts, because this SuperHuman Brand has a lot more coming:

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## What is Tropic Thunder?

Tropic Thunder is a sweet pineapple flavor that adds just a touch of tropical feel along with a *sliver* of lime to make it into a wonderful pineapple flavored BCAA/EAA/Amino Acid supplement.

**“Wait a minute... *I know that name!*”**

For those who don't know, *Tropic Thunder* is the name of a comedic action war movie starring Ben Stiller, Jack Black, and Robert Downey Jr, and likely inspired the name. This combination of comedy, action, and celebrity suits Alpha Lion to a tee, especially with their co-founder (Troy Adashun, AKA Troy Shred) being somewhat of a celebrity himself!

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## The GAIN-0-RADE Ingredients

You can read the *full* analysis in all of its intensity in on our original **GAIN-0-RADE** article, but the list is below:

BCAA (as InstAminos<sup>®</sup>) – 6000mg

- L-Leucine – 3000mg
- L-Isoleucine – 1500mg
- L-Valine – 1500mg

**Supplement Facts**  
Serving Size = 1 Scoop (6.7g) / 2 Scoops (17.4g)  
Servings Per Container = 42/21

Amount Per Serving	1 Scoop	%DV	2 Scoops	%DV
Calories	5	**	10	**
Total Carbohydrate	1g	<1%*	2g	1%*
Total Sugar (from coconut water)	0.3g	**	1g	**
Sodium (as Pink Himalayan Sea Salt)	75mg	4%*	150mg	8%*
Calcium (Calci-K <sup>®</sup> )	47.5mg	5%*	95mg	10%*
Potassium (Calci-K <sup>®</sup> )	40mg	1%*	80mg	2%*
Phosphorus (Calci-K <sup>®</sup> )	40mg	4%*	80mg	8%*
BCAA (as InstAminos <sup>™</sup> )	3000mg	**	6000mg	**
L-Leucine	1500mg	**	3000mg	**
L-Isoleucine	750mg	**	1500mg	**
L-Valine	750mg	**	1500mg	**
EAA	2000mg	**	4000mg	**
L-Threonine	625mg	**	1250mg	**
L-Phenylalanine	625mg	**	1250mg	**
L-Lysine	500mg	**	1000mg	**
L-Methionine	137.5mg	**	275mg	**
L-Histidine	62.5mg	**	125mg	**
L-Tryptophan	50mg	**	100mg	**
Electrolyte & Hydration Matrix	1875mg	**	3750mg	**
Taurine	1000mg	**	2000mg	**
Raw Coconut (Cocos nucifera) Water Powder	500mg	**	1000mg	**
Calcium Potassium Phosphate Citrate (Calci-K <sup>®</sup> )	250mg	**	500mg	**
AquaMin <sup>®</sup> (Trace minerals derived from Red Marine Algae)	125mg	**	250mg	**
Absorption Matrix	25mg	**	50mg	**
AstraGin <sup>®</sup> (Astragalus membranaceus (root), Panax notoginseng (root))	25mg	**	50mg	**

\* Percent daily values are based on a 2,000 calorie diet.  
\*\* Daily value not established.

**Other Ingredients:** Citric Acid, Malic Acid, Tartaric Acid, N&A Flavors, Sucralose, FD&C Yellow #5

This formula is loaded, with a headlining 10g of EAAs and 6g of BCAAs!

- EAA – 4000mg
  - L-Threonine – 1250mg
  - L-Phenylalanine – 1250mg
  - L-Lysine – 1000mg
  - L-Methionine – 275mg
  - L-Histidine – 125mg
  - L-Tryptophan – 100mg
- Electrolyte & Hydration Matrix
  - Taurine – 2000mg
  - Raw Coconut (*Cocos nucifera*) Water Powder – 1000mg
  - Calcium Potassium Phosphate Citrate (Calci-K<sup>®</sup>) – 500mg
  - AquaMin<sup>®</sup> (Trace minerals derived from Red Marine Algae) – 250mg
- Absorption Matrix

**Astragin** (Astragalus membranaceus (root), Panax notoginseng (root)) – 50mg

The key takeaways are that this is a blend with *tons* of “non-BCAA EAAs” on top of the BCAAs, and you have an incredible endurance and hydration blend powered by a more-than-clinical dose of taurine paired with high quality minerals. It’s all finished off with AstraGin to amplify absorption. Since AstraGin seems to work best with amino acids, this is a perfect setup!

Typically, GAIN-0-RADE is used during training to keep muscles anabolic (and anti-catabolic), and it could be extra useful during long bouts of cardio as well.

However, these flavors are so good, they can be used in *any* moment to satisfy a sweet tooth and avoid making “bad after-dinner decisions” so you can keep protein high and junk food low!

## The current GAIN-0-RADE flavors:



Grapemelon Gains coming right on up!

The following list will stay up to date with all GAIN-0-RADE flavors available:

Tropic Thunder will likely appeal to the *most* masses, but Grapemelon Gains still has Mike’s edge for top flavor. After all, it was in the running for best flavor

system of 2019!

## SuperHuman still runs the show, but GAIN-O-RADE deserves attention!

We all know Alpha Lion is the brand behind SuperHuman, but there are a few vastly underrated formulas that many forget about due to all of the attention their pre workouts get. Those would be their G.O.A.TEIN whey protein isolate, Cyborg joint supplement, and yes, *GAIN-O-RADE*. We're stoked that the menu has expanded, and hope it continues to grow!

Keep an eye out for our Alpha Lion news alerts, there's a lot more coming... *guaranteed*:

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