

# Alpha Lion GAIN-O-RADE: Aminos and Hydration for Gains!

written by Mike Roberto | September 30, 2019

If you've been following the site, you've surely noticed that Alpha Lion has been on our radar lately. Since bursting onto the scene with the *incredible* pre-workout **SuperHuman**, the brand has remained active within the industry. SuperHuman was followed by its *high-octane, stim-loaded* SuperHuman Supreme, and a phenomenal whey protein isolate in G.O.A.T.EIN, which furthered the notion that Alpha Lion was here to stay.



Now it's time to circle the wagons and revitalize some of the original products!

## Alpha Lion Unicorn is now **GAIN-O-RADE**... but with 3X more EAA!

Alpha Lion has released an updated label of one of their original products. **GAIN-O-RADE** the "newest" addition to Alpha Lion's pack – it's a *well-dosed* essential amino acid (EAA) plus hydration formula. However, it's by no means completely *brand new*, as it's actually a revamped version of *Unicorn Aminos*. GAIN-O-RADE maintains what made Unicorn great while *bringing more to the table!*

In this post, we'll tell you all about GAIN-O-RADE – what's new about it, what it can do, and a bit more on the people behind its formula! Before that, however, make sure you're subscribed to PricePLOW – we'll help you find *awesome* deals, as well as hit you with all of the supplement news, reviews, and interviews you could want!

# Alpha Lion SuperHuman Intra – Deals and Price Drop Alerts

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## GAIN-0-RADE is more than just an EAA Complex

We never had the chance of breaking down Unicorn, but essentially, the product was a BCAA-EAA powder that included one hydration-boosting ingredient and an absorption enhancer. It was a completely adequate formula that would satisfy many individuals searching for an effective aminos powder. Alpha Lion doesn't just satisfy, though – they give you *more* than you knew you wanted!

GAIN-0-RADE takes the Unicorn Amino a step further. While Unicorn was mainly a *BCAA-focused* formula, it included some EAAs, but not enough to consider it a full EAA powder. GAIN-0-RADE *maintains the amount of BCAAs* used in its predecessor, but packs *more* EAAs, as well.

In addition, it includes *three more* hydrating ingredients, which helps make this formula even more distinct. It's complete with Alpha Lion's typical *fully-disclosed labeling*, so we know *exactly* what we're getting. Via multiple angles, GAIN-0-RADE delivers on its one true purpose – *recovery!*

## GAIN-0-RADE Ingredients

<b>Supplement Facts</b>				
Serving Size = 1 Scoop (8g) / 2 Scoops (16g)				
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)	0.5g	**	1g	**
Sodium (as Pink Himalayan Sea Salt)	75mg	4%*	150mg	8%*
Calcium (Calci-K®)	47.5mg	5%*	95mg	10%*
Potassium (Calci-K®)	40mg	1%*	80mg	2%*
Phosphorus (Calci-K®)	40mg	4%*	80mg	8%*
BCAA (as InstAminos™)	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	**
<b>Electrolyte &amp; Hydration Matrix</b>				
Taurine	1000mg	**	2000mg	**
Raw Coconut (cocos nucifera) Water Powder	500mg	**	1000mg	**
Calcium Potassium Phosphate Citrate (Calci-K®)	250mg	**	500mg	**
AquaMin® (Trace minerals derived from Red Marine Algae)	125mg	**	250mg	**
<b>Absorption Matrix</b>				
Astragin® (Astragalus membranaceus (root), Panax notoginseng (root))	25mg	**	50mg	**
* Percent daily values are based on a 2,000 calorie diet. ** Daily value not established.				
<b>Other Ingredients:</b> Citric Acid, Malic Acid, Tartaric Acid, N&A Flavors, Sucralose, FD&C Blue #1, FD&C Yellow #5.				

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

Alpha Lion lists two different serving sizes in their loaded EAA formula, providing doses for either one-scoop or two-scoop servings. While there's certainly nothing wrong with single-scooping GAIN-0-RADE, the supplement was designed to pack clinical doses within two scoops, so that's what we're going to move forward with!

As they're known to do, Alpha Lion provides **21 full servings**. We've never asked why, but we're assuming the answer is somewhere along the lines of "Because it's better than 21!"

Here's what each 2-scoop, 16g serving of GAIN-0-RADE delivers:

- **BCAA (as InstAminos™) – 6000mg**

GAIN-0-RADE kicks things off with a full **6g** of the **branched-chain amino acids (BCAAs)**, utilizing **InstAminos™**, high-quality formulation made by *Compound Solutions*. This blend delivers the BCAAs in the clinical 2:1:1 dose, which is something we always like to see! Let's get into the role that each individual BCAA serves!

- **L-Leucine – 3000mg**

In virtually all amino supplements, **leucine** is the star of the show. It's the driving force behind these kinds of formulas, so integral that its presence is necessary for almost yield *any* benefits at all! Leucine stimulates the mechanistic target of rapamycin (mTOR) pathway,[1] which

houses the mTORC1 sub-path.[2] Considering that the mTOR pathway, as well as mTORC1, are both *crucial* for activating *muscle protein synthesis (MPS)*, leucine promotes muscle growth at degrees higher than that of the other aminos!



GAIN-0-RADE replaces Unicorn Aminos, Alpha Lion's original amino formula. GAIN-0-RADE is worth the switch, however, with *more* aminos and hydration!

Through stimulating MPS, leucine opens up the road to muscle growth. With a massive **3g** dose here, GAIN-0-RADE supplies more than enough leucine to ensure muscle protein synthesis levels will be inflated a bit, which makes the rest of the label that much more effective!

- **L-Isoleucine – 1500mg**

**Isoleucine** is leucine's confidant in the fight to activate MPS, assisting the latter in stimulating the mTOR pathway. However, isoleucine mainly functions elsewhere within the body and is particularly important in terms of promoting *recovery*. Research has shown that this amino *increase glucose uptake* post-exercise,[3] priming the body to absorb nutrients to rebuild and recover. While leucine opens the door to muscle growth, isoleucine helps shuttle the fuel that MPS needs to build!

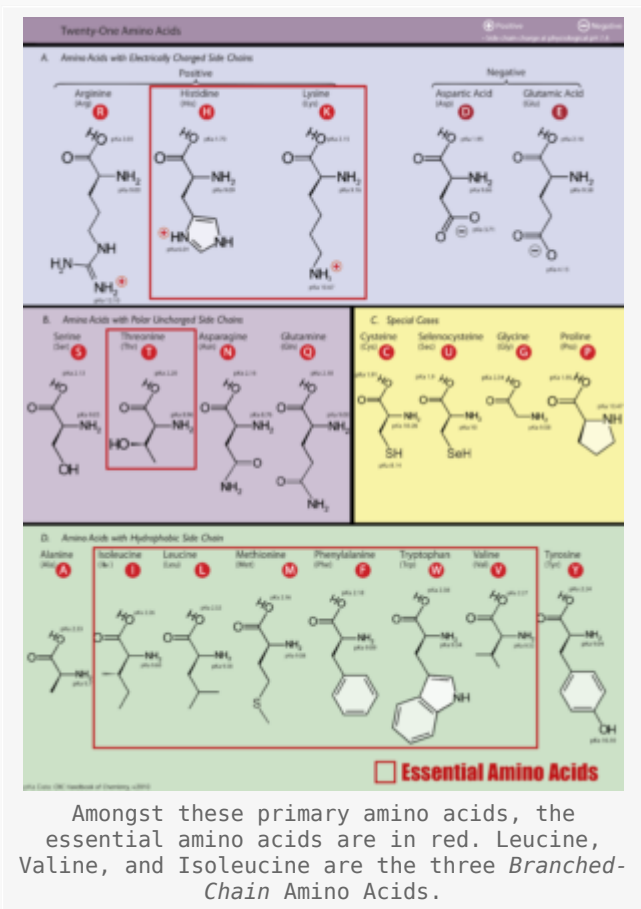
- **L-Valine – 1500mg**

Rounding out the BCAAs, **valine** takes on a much more supportive role – it works behind-the-scenes to ensure that leucine and isoleucine can work effectively. That being said, valine does bring forth its own potential

benefits, with research showing that it can *encourage glycogen synthesis*. [4] This can be very helpful in maintaining endurance, especially in prolonged exercise.

The BCAAs are often delivered in a 2:1:1 ratio, with leucine consistently leading the charge. That's the case here, with GAIN-0-RADE enough BCAAs to kickstart the muscle-building process!

- **EAA – 4000mg**



Despite what conventional “bro-science” says, the BCAAs *aren't nearly as effective in terms of muscle growth* when left to fight the battle on their own. [5] Sure, they're effective in terms of *preventing muscle breakdown* and *boosting endurance*, [6,7] but in order to truly build lean mass, they need some more help.

That aid comes in the form of the *other six essential amino acids (EAAs)* we've yet to discuss, all of which are present within GAIN-0-RADE! With all nine EAAs working together, they seem to be more effective – research has suggested that a full EAA spectrum can *stimulate MPS* at higher rates than any other combination of aminos. [8]

Long story short, you need all nine EAAs to build muscle, and the body can't make them on their own. While some supplements stop with just the three BCAAs, there's more muscle-building that's being left on the table, as well as other auxiliary benefits. That's not the case here, with GAIN-O-RADE going the extra mile, something we've grown accustomed to seeing in Alpha Lion products!

Now, let's look at each of the other EAAs piece-by-piece, because in addition to facilitating muscle growth, each one has its own unique properties!

- **L-Threonine – 1250mg**



Grapermelon Gains coming right on up!

**Threonine** is a precursor to two other amino acids, glycine and serine. In its full form, however, it seems to be especially useful in *aiding digestion*, [9] where the amino helps maintain intestinal walls by working to conserve protective mucus linings. [10] Additional studies have found that it may play a role in *collagen synthesis* and *fatty acid oxidation* too, [11] giving threonine quite a variety of functions outside of its relationship with the other EAAs!

- **L-Phenylalanine – 1250mg**

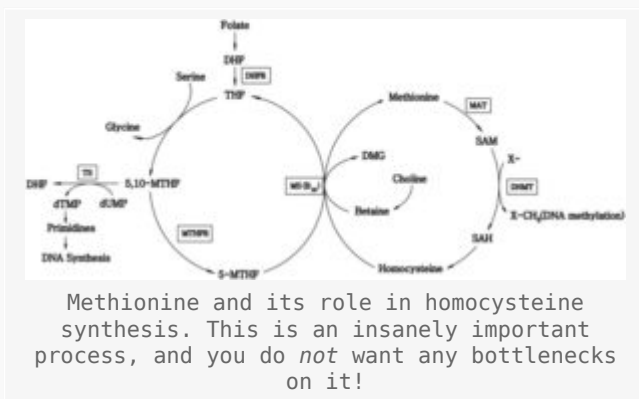
**Phenylalanine** takes on a role that differs quite a bit from the other aminos, as this amino acid acts as a *nootropic*! Studies have found that phenylalanine can *enhance production of dopamine, epinephrine, and norepinephrine*. [12,13] Also known as the "*catecholamines*", when these neurotransmitters are released, a state of *euphoria* arises – these "feel-good" neurotransmitters are often associated with feelings of happiness,

relaxation, and calmness. Bringing a little *brain boost* to the table, phenylalanine may not work as other amino acids do, but it surely makes its presence known!

- **L-Lysine – 1000mg**

The body *loves lysine*, using it to do a variety of things – *maintain cellular health, protect the immune system, and even reduce inflammation!*[14] Lysine also has an interesting relationship with *carnitine*, a popular supplemented ingredient, that kicks up *fatty acid oxidation* a notch![14]

- **L-Methionine – 275mg**



Although **methionine** wears a few different hats, like phenylalanine, it seems to work best within the digestive system. However, it also breaks down into *cysteine*, an amino acid important for proper immune health.[15] Methionine also helps encourage *glutathione* synthesis, a compound that can help temper oxidative stress.

You've likely heard of methionine before, although probably not for any of the benefits we've just listed. Methionine takes a lot of heat when it comes to *flavoring* EAA supplements, as this amino and its high sulfur content can make creating a great-tasting powder a challenge. Thus, it tends to be added in smaller quantities into products, which allows for a bit more flexibility in terms of flavoring.

GAIN-0-RADE only uses **275mg** of methionine, however, so those aforementioned flavoring issues likely aren't relevant in this case. Even if they were, Alpha Lion's track record suggest that the product's taste would have *no problem* overcoming that obstacle anyways!

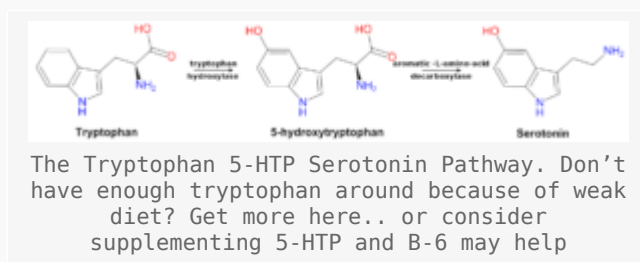
- **L-Histidine – 125mg**

**Histidine** is integral in maintaining *hemoglobin levels*,[16] which in turn keeps oxygenated blood flowing throughout the body. It also helps make *carnosine*,[17] an amino acid that acts as a powerful antioxidant.



Interestingly, histidine converts into *histamine* during digestion, where it's then used to help protect the body from *allergic reactions*. [18]

- **L-Tryptophan – 100mg**



Lastly, **tryptophan** mainly operates as a precursor to *serotonin*, a neurotransmitter important for sleep regulation, in addition to maintaining proper moods and cognition. [19] That may sound a bit odd, especially considering the overall goal of GAIN-0-RADE, but don't worry – at only **100mg**, tryptophan's effects aren't nearly as pronounced as they are elsewhere, such as in research suggesting the amino can be used to treat psychiatric disorders!

- **Electrolyte & Hydration Matrix**

With the EAAs covered, Alpha Lion didn't have to continue to strengthen this label. GAIN-0-RADE hints at more than just the *gains*, however, alluding to some *hydration* benefits in addition to the muscle-building aminos! It uses four very potent hydration-boosting ingredients, each of which complements the entire label in its own unique way!

- **Taurine – 2000mg**

Key Points
A meta-analysis was conducted to evaluate the effects of isolated oral taurine ingestion on endurance performance and to assess the contribution of (1) the dose and (2) the supplementation period to the ergogenic effect.
Human endurance performance can be improved by a 'small' magnitude after orally ingesting a single dose of taurine in varying amounts (1–6 g).
Further research is needed to establish the effects of the oral taurine dose on endurance performance and which populations would benefit most from its supplementation.
Taurine's Benefits (endurance-wise) can be seen after a <i>single</i> use!



Interestingly, **taurine** is actually *not exactly* an amino acid – it’s known as an “*organic acid*”. This is why we think it falls within the correct matrix on this label! Unlike its muscle-building cousins, taurine concerns itself with one thing – *hydration*! Heavily concentrated within the brain, eyes, and muscle tissue, taurine helps you *stay hydrated*, pulling water into the areas of the body that needs it.[20] These effects go a long way in terms of *endurance*, where taurine has displayed the ability to *delay muscle fatigue*. [21]

Toss in the fact that taurine is both a potent *antioxidant* and *anti-inflammatory*, [22,23] and it becomes an incredibly versatile intra-workout/recovery ingredient. By keeping your muscles hydrated, taurine can help keep you going once you get going, or help you recover and rebuild after a tough training session!

- **Raw Coconut (*Cocos nucifera*) Water Powder – 1000mg**

**Coconut water** attacks hydration from a different angle, mainly by working to balance *electrolyte levels*. Research has shown that it’s a more capable *rehydration and electrolyte re-balancing agent* than most other sports drinks on the market.[24] Keeping your electrolytes in check can do wonders for your overall well-being – not only will you be staying hydrated, but you’ll likely just feel a bit more “right” too!



However, it’s important that we note that due to the presence of coconut water powder, GAIN-0-RADE is *not* free of tree nuts, which is something you should be aware of if you have some sort of allergy or sensitivity!

- **Calcium Potassium Phosphate Citrate (Calci-K<sup>®</sup>) – 500mg**

**Calci-K<sup>®</sup>** is a patented form of *calcium*, *potassium*, and *phosphorus* from *Albion Minerals*. These essential minerals further this supplement’s

emphasis on electrolyte balance, as they effectively serve as electrolytes within the body.

We're huge fans of supplements delivering essential nutrients, especially potassium, whenever they can get them onto a label. They're crucial for daily function, and in this case, they're important for staying hydrated and energized, too!

- **AquaMin** (Trace minerals derived from Red Marine Algae) – 250mg

**AquaMin** is an all-natural, highly-bioavailable ingredient from *Marigot Ltd.* Utilizing red sea algae and its incredibly strong concentration of natural minerals, this ingredient helps replenish mineral stores burned through exercise and sweat. Not only that, but it may bring some *antioxidant* and *anti-inflammatory* potential to the table, too![25,26]

- **Absorption Matrix**

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



**Astragin** is an *absorption-boosting* ingredient we've been seeing more of in recent months, and for good reason! This patented blend of *astragalus* and *panax notoginseng* comes from *NuLiv Science* and is one of the top ingredients of its kind on the market. This ingredient *increases the bioavailability of supplemented ingredients*,[27,28] and unlike other absorption-boosters, it does so *without affecting the supplement's taste!*

There's also some strong evidence suggesting a powerful relationship between **Astragin** and leucine, making this absorption agent all the more relevant here!



It's here!!

GAIN-O-RADE delivers an effective mix of aminos, hydration, and absorption – a relatively simple label, but nonetheless a *powerful* one! GAIN-O-RADE does exactly what it promises, and when a product does that, it's hard to not appreciate it!

## Available flavors

GAIN-O-RADE is something you'll likely want your hands on if you're searching for an effective EAA formula to supplement your training. Here are *all* of the *great-tasting* flavors Alpha Lion is offering!

## Get Ready – GAIN-O-RADE is the athlete's *real* sports drink

With a full-fledged EAA matrix, GAIN-O-RADE would've been an effective product if Alpha Lion simply stopped there. That's not their game, however – the brand continues to go *beyond* what the standard is, taking formulas to another level by making them more versatile. GAIN-O-RADE packs additional *hydration-enhancing* ingredients, as well, which help take the total formula to another level



GAIN-O-RADE has what a muscle-building replenishing drink needs, which means that it can seriously help support your training!

GAIN-O-RADE works on two fronts. Most of us train with the intent of building muscle, which requires the presence of amino acids to effectively recover and build. Exercise also induces sweat, which means the loss of water and other key nutrients. Recovering from an intense session takes a concoction of muscle-building aminos and hydration-replenishing compounds, which GAIN-O-RADE delivers. This is a *true* sports drink for athletes – an all-around recovery supplement that you can take during or after training that will help get you back on your feet *sooner*!

With GAIN-O-RADE, Alpha Lion shows that they're not afraid to inject any of their existing supplements with new ingredients. Continuing to innovate, the brand remains ahead of the competition. This isn't the first time we've said this about Alpha Lion, nor will it be the last, but with GAIN-O-RADE, the brand has made yet another statement as to why they should be considered the *king of the jungle*!

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