

Alpha Lion SuperHuman PUMP: More Pumps, Less Clumps with HydroPrime

written by Mike Roberto | September 7, 2020

Alpha Lion's *Komodo Pump* is back, this time with a new name, new formula, and updated look. In case you're not familiar with the stimulant-free pre-workout, Komodo Pump is known for helping lifters achieve enhanced muscular pumps, performance, and focus.



Head over to Alpha Lion's website to grab a sample tub!

Over the past year, Alpha Lion has been dramatically expanding their line of SuperHuman supplements, including *SuperHuman Burn*, *SuperHuman Pre-Workout*, *SuperHuman Supreme*, *SuperHuman Gut*, and *SuperHuman Armor*. Komodo Pump is the first product relaunching under the *SuperHuman* label, and we wouldn't be surprised if more products eventually make the switch.

Alpha Lion's Komodo Pump is now *SuperHuman Pump*!

Going forward, Komodo Pump will be known as **SuperHuman Pump**, and with the new formula, we think it earned that right. For all the original-formula Alpha Lion fanatics out there, there's no need to worry. The new and improved SuperHuman Pump has a new ingredient you're going to love.

The biggest difference between the original version and this one is the addition of HydroPrime from NNB Nutrition. And thanks to customer feedback, the flavors, dosages, and other active ingredients have remained the same.

SuperHuman Pump: The First Product to Use HydroPrime

If you're a longtime Komodo Pump user, then you already know its biggest problem is clumping. You can blame that on glycerol, which is notorious for clumping and

spoiling entire tubs of supplement powders. Alpha Lion relied on *GlycerPump* for its glycerol. While it was marketed as a non-clumping ingredient, the compound didn't live up to the hype. Within weeks, Komodo Pump was as hard as a rock.



HydroPrime is a more stable form of glycerol. It was formulated by NNB Nutrition, a leader in ingredient development and research. After months of testing, Alpha Lion is confident that removing GlycerPump and relaunching Komodo Pump with HydroPrime is a bold and solid decision. Not to mention, Alpha Lion was the first brand to bring a novel ingredient from **NNB Nutrition** to the supplement industry—and now they're doing it again.

SuperHuman Pump is also stacked with clinically-tested dosages of ingredients that further supercharge your pumps, focus, and performance. So if you're tired of your pre-workout clumping into an unusable rock, but you still want to get all of the benefits glycerol has to offer, then pick up a bottle of SuperHuman Pump from Alpha Lion.

Keep reading to see what else SuperHuman Pump has to offer, sign up for Alpha Lion news and deal alerts. We'll also send you rebranding updates.

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SuperHuman Pump Ingredient Breakdown

SuperHuman Pump is formulated to boost your performance and gains without relying on caffeine. Expect to get freaky vascularity within minutes of your first set. Since SuperHuman Pump is fully loaded, the label lists serving sizes for each ingredient in one scoop and two scoops.

If you're new to pre-workouts, we always recommend starting with one scoop so you can assess your tolerance. While SuperHuman Pump is great on its own, you can stack it with Alpha Lion's other stimulant-based pre-workouts, such as SuperHuman, SuperHuman Burn, or SuperHuman Supreme.

Here's what one serving (two scoops/17.5g) of SuperHuman Pump contains:

- **Citrulline Malate (2:1) – 8000mg**

Citrulline malate is a mixture of L-citrulline and malic acid. Malic acid provides some performance benefits, but L-citrulline does a lot of the heavy lifting in this supplement. At 8 grams (a 2:1 ratio), you get approximately 5.33 grams of pure L-citrulline, which is where we like to see it dosed at.



Supplement Facts
Serving Size: 1 Scoop (8.75g) / 2 Scoops (17.5g)
Servings Per Container: 42 (1 Scoop) / 21 (2 Scoops)

Amount Per Serving	1 Scoop	%DV	2 Scoops	%DV
Sodium (as Pink Himalayan Sea Salt)	175mg	7%*	350mg	14%*
Potassium Citrate	37.5mg	1%*	75mg	2%*
Magnesium Citrate	17.5mg	4.5%*	35mg	9%*
Niacin	6.25mg NE	39%*	12.5mg NE	78%*
Citrulline Malate (2:1)	4000mg	**	8000mg	**
Beta Alanine	1750mg	**	3500mg	**
HydroPrime™ (Glycerol Powder) Standardized for Minimum 65% Glycerol	1500mg	**	3000mg	**
Organic Lion's Mane	300mg	**	600mg	**
AlphaSize® (Alpha GPC 50%)	150mg	**	300mg	**
ST™ (Green Coffee Bean Extract, Green Tea Extract, Turmeric Extract, Tart Cherry, Blueberry, Broccoli, Kale)	75mg	**	150mg	**
Huperzine A 1%	150mcg	**	300mcg	**
ActraGin® (Astragalus Membranaceus (Root), Panax Notoginseng (Root))	25mg	**	50mg	**

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

Other Ingredients: Natural and Artificial Flavors, Sucralose, Silicon Dioxide, Maltodextrin, Acesulfame Potassium, FD&C Red #40, FD&C Yellow #1.

Alpha Lion is the first to bring HydroPrime to the market with SuperHuman Pump!

L-citrulline is an amino acid that serves as an indirect precursor to nitric oxide (NO) production. Once L-citrulline is ingested, it's readily absorbed from the small intestine into the bloodstream and then sent to the kidneys where it's converted into another amino acid known as L-arginine. An enzyme called nitric oxide synthase uses L-arginine to create NO, which causes your blood vessels to vasodilate (expand).

This temporary increase in blood vessel diameter allows nutrient and oxygen-rich blood to circulate more efficiently throughout the body. This effect helps improve pumps and performance because contracting muscles demand more oxygen and nutrients during intense training. Enhanced blood flow also helps shuttle away metabolic waste allowing muscles to work harder for longer periods of time.

A study published in the *Journal of Strength and Conditioning Research* found that a single dose of citrulline malate (8g) significantly increased the number of bench-press repetitions male participants performed and reduced muscle soreness at 24 and 48 hours post-training compared to a placebo.[1]

A study of female weightlifters, published by the *European Journal of Nutrition*, showed that 8 grams of citrulline malate enhanced upper and lower body resistance exercise performance and also lowered how participants perceived and rated their exertion levels.[2] Numerous studies support the use of citrulline malate, especially at the 8 gram dose. So we're glad to see that it's the first ingredient in SuperHuman Pump!

- **Beta Alanine – 3500mg**

If you don't like feeling the **beta alanine** tingles (aka, paresthesia), then you may want to start with just one scoop of SuperHuman Pump. Some users love the sensation while others don't care for it at all. Dosed at 3,500 milligrams, you're almost guaranteed to experience mild tingling, especially if you're new to beta alanine. But most people develop a tolerance to it over time. You're also going to get a nice boost in muscular endurance.

What is beta alanine, anyway? And why is it one of the most commonly used ingredients in pre-workouts?



SuperHuman Pump is going to take your gains to the next level!

Beta alanine, like L-citrulline, is a non-essential amino acid that the body naturally produces. So it's not necessary to consume beta alanine in your diet or supplementation. However, it's been shown that an exogenous beta alanine supplement can increase intramuscular carnosine levels. Carnosine is a dipeptide molecule made up of two amino acids: beta alanine and L-histidine. By increasing levels of carnosine, beta alanine can boost muscular endurance by buffering lactic acid.[3]

Lactic acid is a metabolite produced by the glycolytic energy system, which is most active during moderate-duration workouts like sprinting and weightlifting. The glycolytic energy system attempts to keep up with the adenosine triphosphate (ATP) demand from working muscles. However, when oxygen availability is insufficient, then lactic acid is produced. Excessive levels of lactic acid causes a drop in pH, thus leading to a more acidic environment within the muscles and negatively impacting performance and the ability to generate ATP.[3]

According to a meta analysis published in the journal *Amino Acids*, beta alanine is an effective ergogenic aid that significantly increases performance during high-intensity exercise, especially routines that last 1 to 4 minutes.[3]

- **HydroPrime (Glycerol Powder) Standardized for Minimum 65% Glycerol – 3000mg**

As we mentioned earlier, the only change to Alpha Lion's SuperHuman Pump is replacing GlycerPump, which is known for clumping, with HydroPrime. We're excited to see that Alpha Lion will be the first supplement brand to use this new trademarked ingredient from NNB. (They're also offering HydroPrime as a

single ingredient product in their *Gains Candy Series*.) You can try HydroPrime on its own or stack it with other pre-workouts, such as SuperHuman or SuperHuman Supreme.

HydroPrime: No Clumps, Just Pumps



The image shows a product label for NNB HydroPrime. At the top left is the NNB logo, consisting of three red circles of varying sizes. To its right is the text 'NNB' in large white letters. Further right is a chemical structure of glycerol, HO-CH₂-CH(OH)-CH₂-OH. Below this is the product name 'HYDROPRIME™' in large white letters. Underneath the name is the text '65%+ Glycerol Stabilized Powder' and 'More Pumps, Less Clumps™' in smaller white letters. The background of the label is dark blue with a red wave-like shape at the bottom.

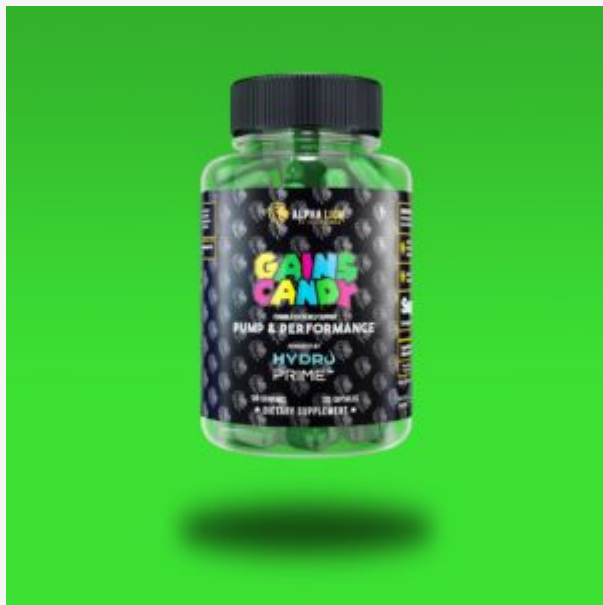
More Pumps, Less Clumps. After too much clumping and grit from the competition, NNB Nutrition's **HydroPrime** is ready for *primetime*. Contact NNBNutrition.com to learn more.

HydroPrime is a *65%+ glycerol stabilized powder* that was designed to provide more pumps and fewer clumps. Glycerol is one of the reasons why it's notorious for clumping is because of its strong attraction to moisture. So once glycerol is exposed to any kind of water or humidity in the environment, it hardens into a solid mass.

Because glycerol has the potential to ruin thousands of dollars in inventory, several companies stopped using the ingredient in their powdered supplements. It also causes problems for consumers who spend a lot of money on these supplements. On the other hand, glycerol is such a great ingredient for boosting performance, NNB set out to solve the problem once and for all. Other companies have tried to develop a stable form of glycerol, but so far none have succeeded.

The pros

Glycerol is a sugar alcohol that's known for its hyperhydration properties and promotes water retention in the body.[4] It's quickly absorbed and distributed to cellular compartments throughout the body. By increasing the osmotic pressure in the body, glycerol enhances total water volume and hyperhydration.[4,5]



Try out HydroPrime on its own with Alpha Lion Gains Candy HydroPrime!

It's well established that proper hydration is essential for maximizing performance and pumps, and maintaining overall health. That's what makes supplemental glycerol so valuable. It's been shown to help boost hydration, muscular endurance, cardiovascular efficiency, and muscular pumps, while enhancing thermoregulatory efficiency.[6-11] Also, if you live or exercise in a hot and humid climate, glycerol could be a game changer.

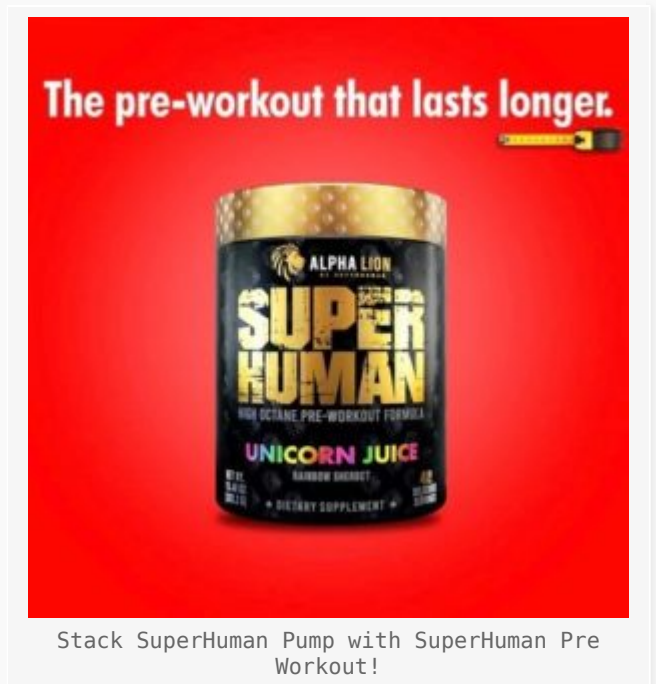
HydroPrime works through a different mechanism of action than other ingredients in SuperHuman, such as citrulline malate. HydroPrime creates what we like to call the "water-based" pump. It helps pull water into muscle cells and has a swelling effect. Citrulline malate increases your pump by enhancing blood flow via elevated levels of nitric oxide. So with HydroPrime, you're getting the best of both worlds, but with virtually no mechanistic overlap.

If you want to learn more about glycerol or HydroPrime check out these articles:

- *HydroPrime: Glycerol With More Pumps and Less Clumps, and*
- *Glycerol: The Ultimate Guide for Hydration, Heat Protection, and Pumps.*

- **Organic Lion's Mane – 600mg**

Lion's mane (*Hericium erinaceus*) is a fungus that works on focus, mind-muscle connection, and performance. The edible mushroom was used in traditional Japanese and Chinese medicine to treat various ailments. Now it's known for having potent nootropic effects. It .[12,13]



Lion's mane is added to pre-workouts, coffee, and nootropics because it naturally enhances cognition, focus, mental alertness, and clarity. This is very advantageous for the consumer, since caffeine isn't around to carry out these effects.

Since lion's mane is highly concentrated in several bioactive constituents, including glycoproteins, beta-glucans, hericerins, erinacines, and erinacea lactones It also boasts tremendous health-boosting properties. Studies have found that Lion's Mane demonstrates anticancer, antibiotic, anti-fatigue, anti-aging, immunomodulatory, anti-inflammatory, antidiabetic, and hepatoprotective activities.[14]

If that's not impressive enough, Lion's Mane is also capable of activating a neuropeptide in the brain called nerve growth factor that plays a significant role in regulating and maintaining nerve growth and regeneration.[15,16] Therefore, Lion's Mane is an incredible ingredient for promoting overall brain health.

- **AlphaSize (Alpha GPC 50%) – 300mg**

In order to improve mental focus and mind-to-muscle connection even further, Alpha Lion used 300 milligrams of **AlphaSize**, a trademarked form of alpha-glycerylphosphorylcholine (alpha-GPC), developed by *Chemi Nutra*.

AlphaSize is a form of choline, an essential nutrient that occurs naturally in several foods, such as eggs, sunflower seeds, and fish. It's important to note that the majority of choline is present in animal-based products, therefore supplementation is highly recommended for anyone on a plant-based diet. The body utilizes choline for various physiological functions. But in regards to

performance, we're most concerned with its role as a precursor to acetylcholine.[17]



Lose fat but still make gains with this stack!

Acetylcholine is a neurotransmitter that carries out muscular contractions by relaying signals from the central nervous system to the peripheral nervous system.[17] Without sufficient levels of acetylcholine floating around in the neuromuscular gap junctions, muscular contractions will be limited.

Intense exercise can quickly deplete acetylcholine stores, thus supplementing with an exogenous-source pre-workout can have major benefits. There are multiple forms of supplemental choline, but choline in AlphaSize expresses higher bioavailability. It's been shown to enhance strength, cognitive performance, and growth hormone levels.[18-20]

A study published in the *Journal of the International Society of Sports Nutrition* reported that after six days of alpha-gpc supplementation, participants saw a significant improvement in lower body force production compared to a placebo.[20]

- **S7 (Green Coffee Bean Extract, Green Tea Extract, Turmeric Extract, Tart Cherry, Blueberry, Broccoli, Kale) – 150mg**

S7 from *Futureceuticals* is a pump-enhancing ingredient that's relatively new to the sports supplement industry. The compound gets its name from a blend of seven natural ingredients: green coffee bean extract, green tea extract,

turmeric extract, tart cherry, blueberry, broccoli, and kale.



Although S7 is a newcomer, there's some promising preliminary data to support its use. S7 is touted for its ability to increase nitric oxide synthesis by 230% at only a 50 milligram dose. It expresses this effect by triggering the body's natural nitric oxide production.[21]

It uses a different mechanism of action to enhance blood flow than either citrulline malate and HydroPrime. S7 works with each ingredient to enhance muscular pumps and performance. And because there's little to no mechanistic overlap, there's a likelihood it creates a synergistic effect.

S7 was awarded Best New Ingredient by *Food Matters Live* in 2019 and the same year came in first place in the *Nutrition Industry Executives Sports Nutrition Category*. However, before going all in on S7, we'd still like to see more human clinical trials to determine its effectiveness.

- **Huperzine A 1% – 300mcg**

In order for AlphaSize to maintain elevated levels of acetylcholine, Alpha Lion added 300 micrograms of **huperzine A** (derived from the *Huperzia serrata* plant). The 1% on the supplement facts panel means that the extract is standardized to contain at least 1% huperzine A, which is a typical standardization.



New flavor, same epic SuperHuman formula.

Because it prevents the breakdown of acetylcholine by inhibiting acetylcholinesterase, huperzine A is commonly included in pre-workouts and nootropics. Acetylcholinesterase is an enzyme. Its main purpose is to metabolize acetylcholine and reduce acetylcholine levels.[22]

As we mentioned in the AlphaSize section, acetylcholine is important for maintaining brain and neuromuscular function. Therefore, Alpha Lion wants to ensure that the elevation in acetylcholine you're intended to be receiving from AlphaSize isn't going to waste by including a nice dose of huperzine A to keep levels increased.

Some studies have shown that huperzine A expresses neuroprotective properties,[22] so you're getting both health and performance benefits from this ingredient!

- **AstraGin (Astragalus Membranaceus (root), Panax Notoginseng (root) – 50mg**

AstraGin, from *NuLiv Science*, is quickly becoming one of the most popular trademarked ingredients on the market. AstraGin is a patented blend of two potent plant extracts, astragalus membranaceus root and Panax notoginseng root.[23]



Several studies have shown that AstraGin significantly increases the absorption and bioavailability of various nutrients, including amino acids, omega 3 fatty acids, creatine, and CBD. AstraGin activates transporter molecules in the small intestine. It's well known that numerous compounds are not properly absorbed by the body. Therefore, they end up being excreted before they can be used for their intended purposes.[23]

Alpha Lion wants to make sure that you get the most out of their supplements, which is why they use absorption-boosting ingredients, such as AstraGin and BioPerine. AstraGin, which is also found in *SuperHuman Gut*, is believed to promote gut health by reducing inflammation and maintaining a strong gut lining.[23]

• Electrolytes

To promote hydration and performance, SuperHuman Pump contains the following electrolytes:

- **Sodium (as Pink Himalayan Sea Salt) – 350mg (14% DV)**
- **Potassium Citrate – 75mg (2% DV)**
- **Magnesium Citrate – 35mg (9% DV)**

SuperHuman Pump Flavors

Alpha Lion is known for creating some of the most unique and delicious flavors in the industry. And the new formula is available in all of the original flavors, including *Blue Steel (blueberry mojito)*, *Mango Veiniac (mango strawberry sherbet)*, and *Peach Pumps (peach rings)*. We're definitely glad to see that, because they're some of the best tasting flavors around, especially Mango Veiniac. We fully expect the flavor menu to expand, so check back for updates.

Here's all the available flavor variations for SuperHuman Pump:

This is Just the Beginning

It's been an incredible year for Alpha Lion and it's just the beginning. The company started 2020 strong out of the gate by launching new formulas for some of their best selling supplements, such as SuperHuman Pre-Workout and SuperHuman Supreme. They also introduced a new breed of superhuman with SuperHuman Burn.



The Gains Candy Series continues to grow!

Recently Alpha Lion switched their focus to health and wellness by coming out with a SuperHuman Armor, a supplement that supports the immune system; SuperHuman Gut, which promotes gut health; and a new SuperHuman Greens flavor. Alpha Lion also added new products to their Gains Candy Series, with MitoBurn, CaloriBurn, GlucoVantage, and now, HydroPrime. They're all trademarked ingredients from NNB.

The rebrand of Komodo Pump is the first of many. We already know that Alpha Lion has been working on new flavors and formulas for their GOATEIN protein powder. It will likely feature a revamped look and name in the near future. Although the formula for SuperHuman Pump didn't change too much, the addition of HydroPrime was a great move. The product was already extremely popular and effective before, so there wasn't that much that Alpha Lion needed to modify.

Subscribe for more Alpha Lion news, deals, reviews, and interviews as they continue to rebrand!

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