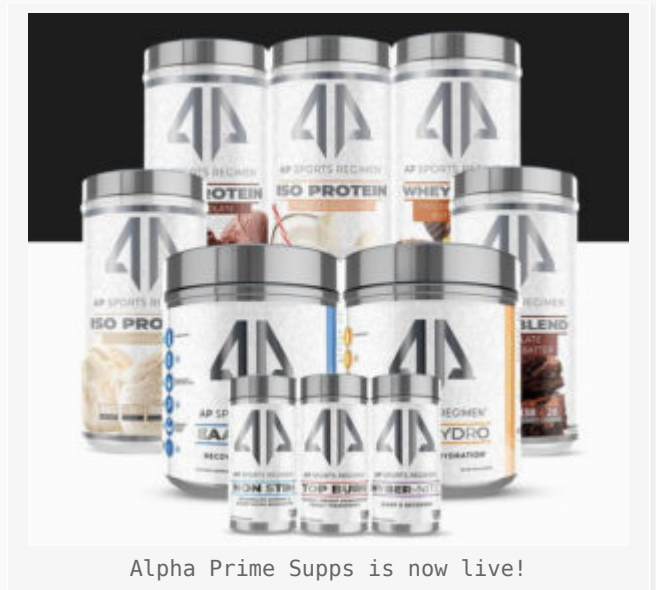


# Alpha Prime Supps EAA+Hydro: Get Serious About Your Recovery

written by Mike Roberto | December 11, 2020

To perform optimally and progress in any sport, you must adequately recover from training sessions. Besides eating well, getting enough sleep and rest, there are several supplements that can help boost recovery. These products are designed so you can get back in the gym sooner to attack another training session.

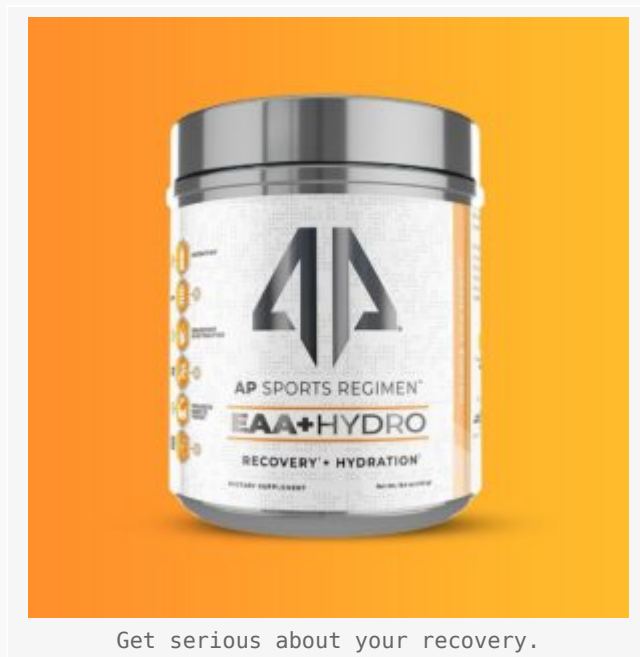


Alpha Prime Supps is now live!

In this article, we'll focus on the potential benefits of peri-workout (i.e. before, during, and after training) supplementation with *essential amino acids (EAAs)* and *electrolytes*. More often than not, when these ingredients are consumed during training, they promote hydration and prevent excessive muscle protein breakdown.

## Alpha Prime Supps EAA + Hydro: Maximize Your Recovery

Some brands sell EAAs and electrolytes separately, but **Alpha Prime Supps** formulated an all-in-one EAA and electrolyte supplement, called **EAA + Hydro**. Since these supplements are commonly taken together, it makes perfect sense to combine them. Especially since it's usually more convenient and cost-effective for consumers.



EAA + Hydro contains all nine essential amino acids, including:

- Leucine
- Isoleucine
- Valine
- Lysine
- Threonine
- Phenylalanine
- Tryptophan
- Methionine
- Histidine

EAA + Hydro is also made with *Aquamin*, a marine multi-mineral complex that contains highly bioavailable forms of calcium, magnesium, and 72 other trace minerals. Moreover, Alpha Prime Supps uses Himalayan pink salt, which compared to sodium may provide more benefits, such as improved digestion.

Based on the formula, EAA + Hydro is one of the most comprehensive amino acid and electrolyte supplements on the market. It's also available in several refreshing flavors, which can help you consume more water throughout the day.

Keep reading to learn about the benefits of EAA + Hydro. Subscribe below for more Alpha Prime Supps news, reviews, interviews, and deal alerts from PricePLOW!

# Alpha Prime Supps EAA+HYDRO – Deals and Price Drop Alerts

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## EAA + Hydro Ingredient Breakdown

For optimal results, Alpha Prime Supps recommends taking one scoop (15.5 grams) of EAA + Hydro with 10 ounces of water or juice before and/or during training. Since EAA + Hydro doesn't contain any stimulants, you can take it any time of day, as well as on non-training days, to promote recovery and hydration.

Here's what one serving (15.5 grams) of EAA + Hydro contains:

### Total EAAs (Essential Amino Acids) – 10500mg

Supplement Facts		
Serving Size: 1 Scoop (15.5g)		
Servings Per Container: 30		
	Amount Per Serving	%DV*
Calories	0	
Total Carbohydrates	0g	0%
Total Sugar	0g	
Added Sugar	0g	
Sodium	40mg	2%
Potassium	50mg	1%
Magnesium	30mg	7%
<b>Total EAAs (Essential Amino Acids)</b>	<b>10500mg</b>	
<b>Instant Vegan Fermented BCAA 2:1:1</b>	<b>7000mg</b>	
(Vegan Leucine 3500mg, Vegan Isoleucine 1750mg) & Vegan Valine 1750mg)		
<b>Other EAA (Essential Amino Acids) Blend</b>	<b>3500mg</b>	
(L-Lysine 1500mg, L-Threonine 1200mg, L-Phenylalanine 500mg, L-Tryptophan 100mg, L-Methionine 100mg, L-Histidine 100mg)		
<b>Electrolyte Blend</b>	<b>500mg</b>	
(Aquamin 200mg, Potassium Citrate 175mg, & Sodium Chloride (Himalayan Pink Salt) 125mg)		
* Percent Daily Values (DVs) are based on a 2,000 calorie diet.		
** Daily Values (DVs) not established.		

Refuel with Alpha Prime Supps EAA+Hydro.

Amino acids are the building blocks of protein. When you eat a food that

contains protein, the body breaks it down into individual amino acids and peptides that get absorbed and utilized elsewhere. Out of the 20 amino acids that have been identified, nine are classified as essential because the body can't produce them on its own. Therefore, they must be consumed either through diet and/or supplementation. Of the nine essential amino acids, three have a unique chemical structure (leucine, isoleucine, and valine), which is why they're classified as branched-chain amino acids (BCAAs).

Although all EAAs play some role in muscle protein synthesis (MPS), BCAAs seem to contribute the most. Leucine, in particular, is considered the primary trigger of MPS.[1,2] Muscle protein synthesis occurs when protein is synthesized to repair damaged muscle tissue. It's the opposite of muscle protein breakdown (MPB). Intaking a sufficient amount of high-quality protein (~1 gram per pound of body weight) and supplementing with amino acids ensures that MPS rates surpass MPB, allowing for optimal recovery.[1,2]

A few years ago, most amino acid supplements only contained BCAAs. Since then, research has shown that supplementing with all nine EAAs is slightly more beneficial than just BCAAs.[3] As a result, we've seen a notable increase in the number of EAA supplements in sports nutrition. Since BCAAs are so well-known, Alpha Prime Supps split the label into two sections: BCAAs and EAAs. But keep in mind that BCAAs are also considered essential. As for us, we're really pleased that Alpha Prime Supps keeps up with research and, for best results, provides consumers and athletes with all nine essential amino acids.

Learn more about the difference between EAAs and BCAAs:

**EAA is the New BCAA: Essential Amino Acids Stage a Coup**

Here's a brief overview of every amino acid in EAA + Hydro and their primary function:

### **Instant Vegan Fermented BCAA 2:1:1 – 7000mg**

- **Leucine – 3500mg**



**Leucine** is one of the three BCAAs and is widely considered the primary trigger of MPS.[4] For most individuals, consuming between 2 and 3 grams is sufficient for maximally activating MPS.[4] Thus, at 3.5 grams, EAA + Hydro is designed to initiate a stronger MPS response.

- **Isoleucine – 1750mg**

**Isoleucine** has a similar chemical structure as leucine (you may noticed their names are similar). Isoleucine plays a supporting role in MPS, but also assists in glucose uptake in skeletal muscle, which is crucial for replenishing glycogen stores.[5]

- **Valine – 1750mg**

**Valine** participates in MPS, but also seems to promote glycogen synthesis.[6] Therefore, it slightly contributes to adenosine triphosphate production and blood sugar regulation.

**Other EAA (Essential Amino Acids) Blend – 3500mg**

- **L-Lysine – 1500mg**



**L-lysine** assists in MPS, but it's also involved in several functions of the immune system and production of collagen.[7]

- **L-Threonine – 1200mg**

**L-threonine** is a precursor to the non-essential amino acids glycine and serine, which are involved in muscle growth and collagen synthesis.[8]

- **L-Phenylalanine – 500mg**

**L-phenylalanine** mainly contributes to the production of key neurotransmitters, such as norepinephrine, epinephrine, and dopamine.[9] Neurotransmitters are chemical messengers that are required for adequate cell-to-cell communication between the central and peripheral nervous systems. Intense and prolonged bouts of exercise can deplete neurotransmitter levels. Restoring them is crucial for recovery.

- **L-Tryptophan – 100mg**

**L-tryptophan** is a precursor to the neurotransmitter serotonin, which can then be converted into melatonin in the brain.[10] Serotonin and melatonin are very important for mood, overall sense of well-being, happiness, appetite regulation, digestion, and sleep.

- **L-Methionine – 100mg**

One of the unique features of **L-methionine** is that it contains sulfur, an essential mineral that the body needs for multiple bodily functions, such as protein and DNA synthesis, gene expression, and metabolism.[11] Moreover, methionine is used to produce creatine and S-adenosylmethionine (SAME), two

molecules that contribute to improving physical performance.[11]

- **L-Histidine – 100mg**

The body mainly uses **L-histidine**, along with beta-alanine, to create a dipeptide molecule called carnosine.[12] Carnosine is highly concentrated in skeletal muscle and serves as a proton-buffer. In other words, carnosine helps delay the build-up of lactic acid in skeletal muscles, resulting in increased muscular endurance.[12] This is one of the reasons why many pre-workouts have a substantial amount of beta-alanine – for the purpose of raising carnosine levels.

## **Electrolyte Blend – 500mg**



Prime yourself for training sessions with Alpha Prime Supps Pre-Workout.

Here are the ingredients Alpha Prime added to EAA + Hydro's formula to promote hydration.

To supply an abundance of electrolytes, EAA+Hydro combines:

- Aquamin – 200mg
- Potassium Citrate – 175mg
- Sodium Chloride (from Himalayan Pink Salt) – 125mg

Electrolytes not only help facilitate water absorption, which aids total body hydration, but the substance also plays a key role in conducting muscular contractions.[13] Sodium and potassium, in particular, are necessary for initiating action potentials that lead to the firing and relaxation of a motor

unit (a neuron and all of the muscle fibers it innervates).

Intense exercise can significantly deplete electrolyte levels, mainly a result of sweating. The loss of electrolytes and fluid can quickly lead to a decrease in performance, dehydration, and muscular cramping.[13] Thus, supplementing with electrolytes before, during, and after exercise is beneficial for facilitating recovery and maintaining performance.[13]

## **EAA + Hydro Flavors**

Here's an updated list of all available EAA + Hydro flavors:

Some of the most popular supplements for optimizing recovery are:

- A high-quality protein powder, such as Whey Blend or ISO Protein
- A well-formulated sleep-aid, such as Hyber-Nite
- Essential amino acids
- Electrolytes

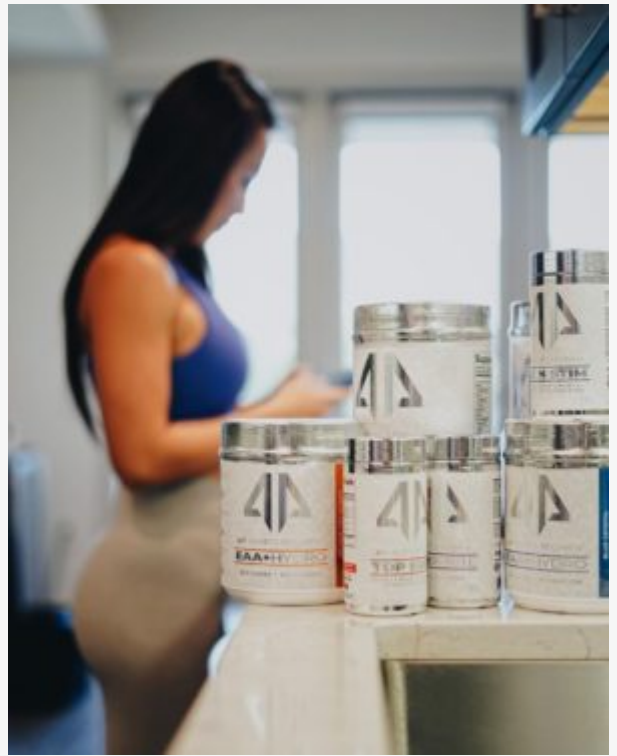
We've previously written about the benefits of the first two supplements on our list, which you can check out here:

- Alpha Prime Supps Hyber-Nite: Sleep, Recover, Rebuild
- Alpha Prime Supps Whey Blend Versus ISO Protein

## **Stay Primed with *Alpha Prime***

Alpha Prime Supps aims to create a comprehensive line of sports nutrition supplements that helps improve performance for all types of athletes.





Alpha Prime Supps is just getting started!

So far, Alpha Prime Supps has released:

- Essential amino acid and hydration supplement (EAA + Hydro)
- Two protein powders (Whey Blend and ISO Protein)
- Stimulant-based fat burner and nootropic (Top Burn)
- Stimulant-free fat burner and glucose disposal agent (Non-Stim)
- Sleep aid (Hyber-Nite)
- Pre-workout

Out of this entirely new product line, the supplements that benefit most consumers are Whey Blend or ISO Protein, Pre-Workout, and EAA + Hydro.

Here's how you can stack these supplements for optimal results:

- Consume one serving of Alpha Prime Supps Pre-Workout 20 to 30 minutes prior to training
- Consume one serving of EAA + Hydro during training
- Consume one to two scoops of either ISO Protein or Whey Blend within 30 to 45 minutes after training

Alpha Prime Supps may be a newcomer to the sports nutrition industry, but their products are used and trusted by several elite physique and strength competitors, such as Ben Chow, Andy Huang, and Kimmy Johnson. The brand has a

very big year planned for 2021. So subscribe below for more Alpha Prime Supps news, reviews, interviews, and deal alerts from PricePLOW because we'll be covering all their new releases!

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