

# Animal Cuts Non-Stim: Daily Driver Weight Loss Support Comes Caffeine-Free

written by Mike Roberto | March 15, 2022

*Animal Cuts* from Universal Nutrition has quickly become a *blockbuster product* that's very popular, especially with bodybuilders and athletes for supporting *body recomposition*.

We've covered both *Animal Cuts* and *Animal Cuts Powder* before (including a recent new Strawberry Watermelon flavor), and love it in a daily weight loss stack because it includes so many effective diet-supporting ingredients. It's quickly become a popular staple of many *Animal* athletes, winning the 2021 *Bodybuilding.com* Weight Loss Product of the Year award.



However, many users wanted a *stimulant-free* version, and Universal has listened, tweaking the formula and making it *better* for stimulant-free occasions. So now we're back, with an updated rundown on how the caffeine-free version of *Animal Cuts* works.

We all know that when losing weight you want to maximize your calorie burn while minimizing your calorie intake yet keeping protein high. There are a lot of supplements on the market that focus on increasing that burn. But something most companies don't really address are the *negative effects of a low calorie diet*.

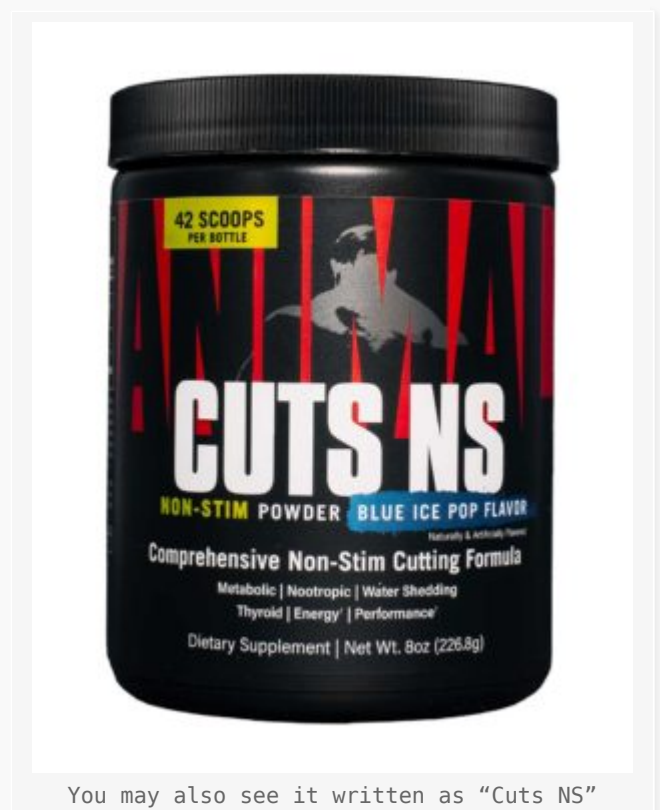
Eating very few calories can cause thyroid problems and general fatigue or malaise. If a supplement company addresses this, they usually do so by adding *stimulants*, which can compensate for the lack of energy from food by revving up the user's endocrine system.



important role is that it maintains the integrity of cellular membranes all throughout.[1]

Another important role of choline is acting as a precursor to *acetylcholine*,[2] which is often called “the learning neurotransmitter” because of how important it is for memory consolidation, the process of turning short-term memories into long-term memories. Because of its ability to facilitate inter-neuronal communication, higher acetylcholine basically helps you have better overall cognition and more *mental* energy.

For our purposes, choline is also important for fat metabolism,[3-6] synergizing with the carnitine that we have next, as it improves carnitine retention.[7-9]



Choline deficiency can be pretty catastrophic – given the positive effect of acetylcholine on cognition, it probably won't surprise you to learn that a *deficiency* in acetylcholine can cause cognitive dysfunction. But it can also lead to muscle loss and general organ damage, including, but not limited to, non-alcoholic fatty liver disease (NAFLD), which is part of the “metabolic syndrome” cluster of symptoms that's closely associated with type II diabetes.[10]

### **Getting 185 mg from roughly 500 milligrams choline bitartrate**

Note how it's labeled here: Animal is telling us that we have *185 milligrams of actual choline (34% DV)*, which comes *from* choline bitartrate. This means

that they're actually including about 500 milligrams of choline bitartrate to get there. Since it's an essential nutrient, it can be labeled this way, just note that Animal isn't listing choline bitartrate itself as an active ingredient.

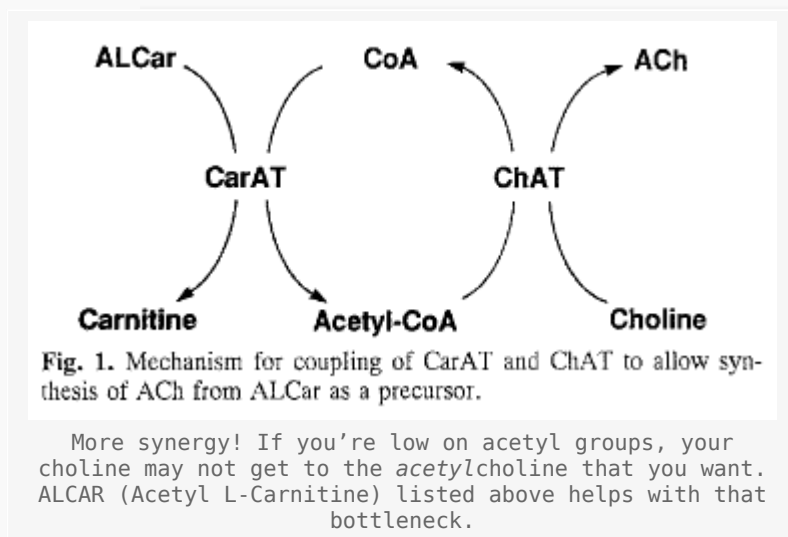
This is a great daily boost of choline, and you'll definitely want to get more through diet (eggs are generally the best source) to make sure that your body can metabolize fat and protect cells to the best of its ability.

## • Metabolic and Stimulant Complex

### • Acetyl L-carnitine & L-Carnitine tartrate (750 mg EACH)

**L-carnitine** is responsible for shuttling fatty acids into the mitochondria, where they're burned for energy.[11,12] Multiple studies have shown that carnitine supports healthy weight loss[13,14] and improves insulin sensitivity and glucose tolerance.[15]

Carnitine is particularly good for athletes, whose higher metabolic requirements can put them at risk of carnitine deficiency. When taking carnitine, athletes can expect to see less soreness, higher oxygen utilization and power output, improved blood flow, and better recovery.[16] Anyone deficient in carnitine will benefit, though, which typically includes not just athletes, but also vegetarians, vegans, and the elderly.[16-22]



As mentioned above, choline will synergize with this blend, helping to increase the body's retention of carnitine.[7-9]

These two forms of carnitine have a slightly different cluster of effects. Acetyl L-carnitine (ALCAR) can boost focus[23,24] whereas the *tartrate* form of carnitine can upregulate androgen receptors.[25,26] Animal wisely includes both, getting us to a solid 1.5 gram dose (and since this is

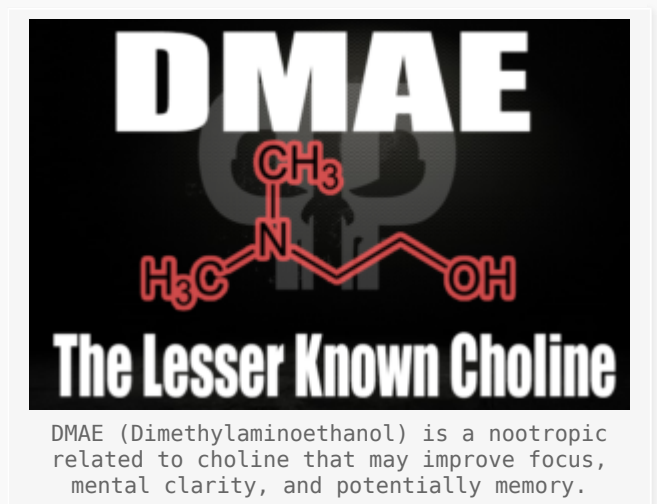
caffeine-free, you can easily mega-scoop it to get to the 2 gram dose that's in so many studies).

- **Theacrine (as TeaCrine 40%) – 50 mg**

There's good evidence that theacrine can increase mental and physical energy.[27] This isn't surprising since theacrine is a "chemical cousin" to caffeine,[28] which blocks adenosine receptors, just like caffeine does.[29] Theacrine also stimulates *dopamine* receptors[28] that help with motivation and focus.

Perfect for sustaining your energy on a *monster cut*.

- **DMAE Bitartrate – 50 mg**



**DMAE** is short for *dimethylaminoethanol*, an analogue to choline. Rather than boosting acetylcholine levels, DMAE actually may boost free choline levels while stimulating cholinergic receptors.[30] Although there's not a lot of weight loss research on the effects of taking **DMAE** *alone*, there is a pretty good reason for *stacking* it with choline, which we're doing here in Animal Cuts NS.

In animal models, DMAE has been shown to preserve choline levels in peripheral tissues by sparing them from being metabolized. The upshot is that the choline you ingest doesn't have to be used up in replacing peripheral choline, meaning that more of it gets deposited in your central nervous system.[31] Given what we wrote above about the relationship between choline and *acetylcholine* in the brain, you can probably see why that's a good thing.

In human studies, DMAE also worked as a *mood stabilizer*, improving symptoms in people with mild or borderline emotional problems.[32] In one study, researchers hooked an EEG up to subjects' brains and observed that DMAE supplementation was optimizing their *brain wave patterns*.[32]

We'll gladly take this support and choline when the brain fog and "diet dump" start to hit.

- **Metabolic Herbal Extract Blend – 150 mg**



The big idea behind this blend is *polyphenols*, a naturally-occurring class of antioxidants that have been shown to positively affect several metabolic pathways in the human body.[33] To give just one example, epigallocatechin gallate (EGCG), a polyphenol in green tea, has been shown to actually inhibit the growth of new fat cells, block dietary fat absorption and storage, and increase the rate of fat burning in *brown fat*,[33] the "metabolically active" category of human fat tissue.

Although the effects of specific polyphenols vary somewhat, polyphenols as a class pretty much all have effects similar to those of EGCG.

A large study (573 participants!) found that over the course of *five years*, polyphenol blood levels inversely correlated with BMI and obesity rates.[34]

Let's take a look at the ingredients in this blend:



**Green tea leaf extract** has tons of antioxidants, including the famous ECGC which we just discussed above. Because of ECGC and *other* polyphenols, green tea extract has been shown to increase *thermogenesis*, which is the process by which your body turns calories into *heat*, and *fat oxidation*, where your body uses fat for metabolic processes.[35,36]



Now that it's caffeine-free, we can mega-scoop and not worry about too much stim!

- **Oolong tea extract** is pretty similar to green tea leaf extract – green tea and oolong are both produced from the leaves of the *Camellia sinensis* plant, but differ in their degree of *fermentation*. Green tea leaves are *fresh* mature tea leaves whereas *oolong* leaves are fermented a bit. So in light of what we've learned about green tea extract, we shouldn't be surprised to hear that in a 2003 study, female participants who consumed oolong tea saw their *energy expenditure* (calories burned) increase by 10% two hours after consumption.[37]
- **Black tea extract** is also sourced from *Camellia sinensis* leaves. It's fermented like oolong, but for longer. Black tea is a little different from green and oolong – it has *catechins* like green tea, but also high amounts of *theaflavins*, a special class of polyphenol produced by the fermentation process. *Theaflavins* seem to help regulate body weight in a similar fashion to other polyphenols.[37,38]



**Coffee bean extract** is also a great source of polyphenols and other antioxidants. Coffee extract consumption is associated with weight loss,[39] and a 2018 study showed that coffee bean extract can help

improve certain key markers of metabolic health, such as *blood glucose levels, insulin sensitivity, and lipid profile*.<sup>[40]</sup>

- **White tea extract** is also – you guessed it – sourced from *Camellia sinensis* leaves. Unlike oolong and black tea, though, white tea is *not* fermented. It also differs from green tea in that whereas green tea leaves are *mature*, white tea leaves are *young*. This gives white tea a different antioxidant profile, but it still has EGCG as green tea does. White tea leaf extract has *also* been shown to increase metabolism and prevent the growth of new fat cells, largely because of EGCG.<sup>[41,42]</sup>
- **Coleus forskohlii** extracts are standardized for *forskolin*. Although forskolin is *not* a polyphenol, it has similar effects as polyphenols in that it increases fat oxidation<sup>[43]</sup> and improves body composition, blood lipids, and insulin sensitivity.<sup>[44]</sup> In some studies, forskolin also reduces appetite.<sup>[45,46]</sup>

So overall, you're getting *loads* of fat-burning, insulin-sensitizing, and antioxidant *polyphenols* from this blend. The forskolin is a nice touch and definitely is consistent with the effects of the polyphenols.

## • Nootropic & Thyroid Complex

**CUTS NS**  
**NO STIMS, NO PROBLEM.**

Supplement Facts	
Serving Size: 1 Scoop (5.6g)   12 Scoops per Container	
<b>Metabolic &amp; Stimulant Complex</b>	<b>Nootropic &amp; Thyroid Complex</b>
<b>Carnitine Cutting Blend</b>	

Metabolic & Stimulant Complex | Nootropic & Thyroid Complex | Carnitine Cutting Blend

No Stims, No Problem

The *thyroid gland* produces hormones that regulate the body's whole metabolism. A person's basal metabolic rate is determined largely by their thyroid function.<sup>[47]</sup> The thyroid hormones *triiodothyronine* (T3) and *tetraiodothyronine* (T4) are key in maintaining optimal glucose and fat



metabolism.[47]

A dysregulated thyroid, clinically defined as *hypothyroidism* by low levels of these crucial hormones and *hyperthyroidism* when levels are too high, can spontaneously produce unexpected and unwanted changes in body weight and compromise metabolic health.[48]

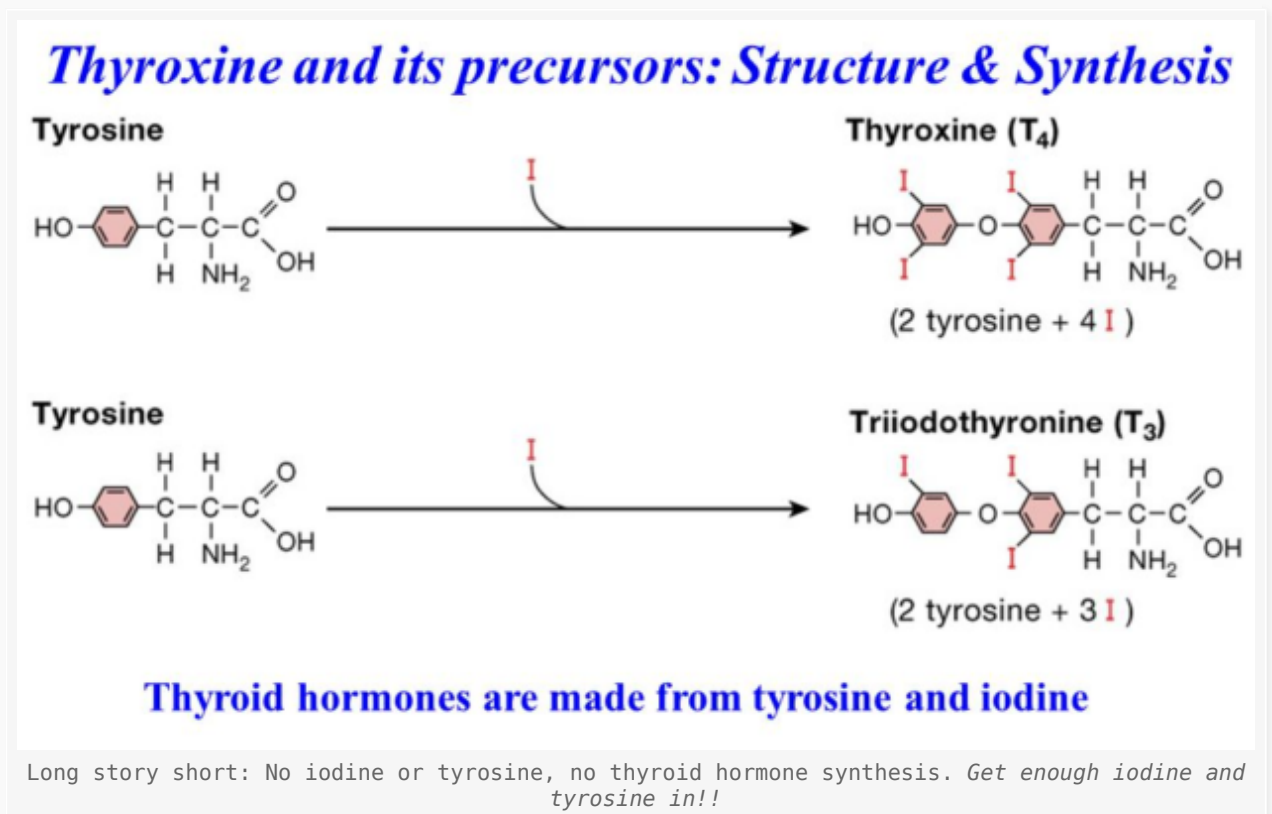
Thyroid support is important under the best of circumstances, but if you're trying to *cut*, it's even *more* important than usual because eating a low calorie diet can reduce thyroid function significantly. One study found that T3 levels dropped by well over 50% in people eating 1,200 calories per day.[49]

Tauri

But there are some other ingredients in this blend, like taurine and huperzine A, that are intended to help maintain *mental energy* levels – something that can be challenging when you're eating fewer calories than you burn.

- **Tyrosine focus blend (N-acetyl L-tyrosine & L-tyrosine) – 1000 mg**

**L-tyrosine** is an amino acid with a variety of benefits, such as *supporting thyroid function*. [50,51] This amino acid plays a major role in facilitating the production of T3 and T4. [51] Supplementing with tyrosine helps avoid the thyroid dysfunction we mentioned above when you're on a calorie cut. [52,53]

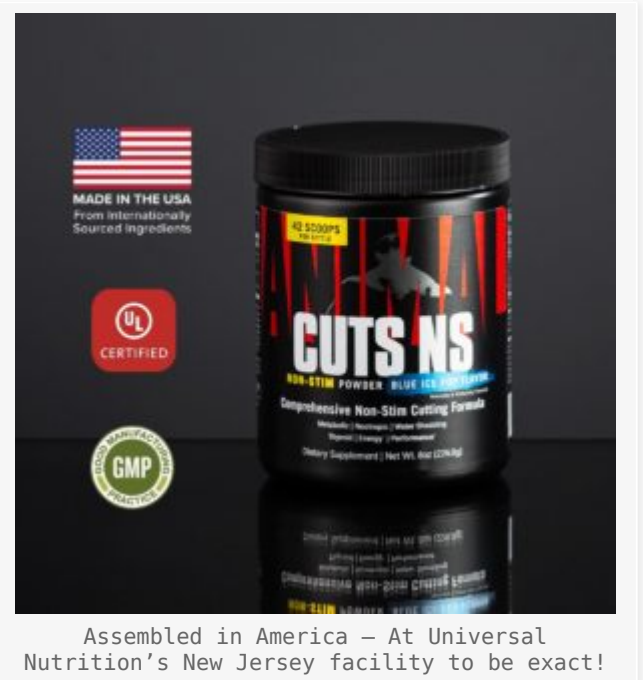


Tyrosine is also the precursor to *dopamine* [54,55] and *epinephrine* and

*norepinephrine*,[56,57] all three of which will boost your mental and physical energy when present in high concentrations. The latter two also helps with appetite suppression and fat burning,[58] as well as staying alert and focused when deprived of sleep.[59,60]

- **Taurine – 1000 mg**

**Taurine** is a conditionally-essential amino acid[61] that improves cognition,[62] athletic endurance, [63] muscle soreness,[64] and fat metabolism.[61] All great things for dieters, and one of the daily support ingredients that we've come to love Animal Cuts for.



Although it's most commonly found in pre-workouts, nootropics, intra-workouts, and hydration supplements, we love seeing taurine in fat-burner formulas because of its beneficial effect on mitochondria.[65]

- **Huperzine A (Huperzia Serrata Extract) – 100mcg**

**Huperzine A** is here *partly* to synergize with choline because huperzine A inhibits *acetylcholinesterase*, the enzyme that breaks acetylcholine down.[66] Huperzine A *on its own* leads to better cognition and learning,[67] so if you're also *boosting acetylcholine production*, you can expect an even bigger effect.

But huperzine A *also* protects neuronal mitochondria from oxidative stress,[68] which is going to preserve and enhance your mental energy levels.

## • Water Shedding Complex

If you're going for a shredded look, you don't want too much water retention because that's going to make you look puffy. But too much water can cause *metabolic problems* too, including an electrolyte imbalance and impaired recovery.[69]

### Dandelion Root Powder – 100mg and Uva Ursi Leaf Powder – 100mg

**Dandelion root** and **uva ursi leaf** are both *diuretic* compounds, meaning that they stimulate the body to eliminate excess water. They have a long history of use in bladder and kidney support.[70,71] These diuretics are considered safe because they maintain *potassium* levels.[72]

## Flavors Available

Cuts Non-Stim launched in two flavors on March 15, 2022, but hopefully there will be other flavors added over time, just as the original *Animal Cuts Powder* had:



## Conclusion: Your daily driver is now caffeine-free

It seems like every iteration of Animal Cuts is better than the last. Major props to Universal Nutrition for listening to users who wanted this daily stack setup, but still want to charge it with some stimulants from pre-workouts like *Animal Fury*.

There are lots of “fat burner” supplements on the market, but there are *few* that

are based on a recognition of the potential problems caused by a calorie cut and seek to address those problems specifically. Just increasing your metabolic rate is not as good of an approach as *mitigating* the negative effects of calorie cutting. As always, Animal lets you do it all.

## Universal Animal Cuts Non-Stim – Deals and Price Drop Alerts

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