

# The Animal Double Stack: Primal Pre-Workout and Animal Pak Stacked to Save

written by Mike Roberto | October 8, 2022



It's been a great year for the legendary *Animal* team at Universal Nutrition. Not just home to one of the best (if not *the* best) branding campaigns in the sports supplement industry, the team has put out some incredible products led by the *Animal Primal* pre-workout and a duo of innovative creatine supplements in *Animal Creatine Chews* and *Animal Creatine XL*. They've even come out with *Animal Beef Biltong*!

All great releases, but in our opinions *Animal Primal* has been the diamond of the team's 2022 launches. So what better way to stack it with the famed *Animal Pak* to save *Animal* athletes some cash?!

## Meet the Animal Double Stack: Primal and Animal Pak Put Together

Universal Nutrition formulated a serious winner with *Primal*, so what better way to encourage their athletes to give it a run than to package it with *Animal Pak* for some cost savings?

You can see the stack and prices below using *PricePLOW*, and then we briefly re-introduce *Animal Primal* and *Animal Pak* to readers:

Most gym athletes know about *Animal Pak*, so let's start with the newcomer pre-workout and its innovative ingredients:

## • The Animal Primal Pre-Workout at a glance

**Animal Primal** is a pre-workout supplement built to provide long-lasting, hard-hitting energy and pumps to power you through some serious gym training. It's anchored by a full 6 grams of the new *3DPUMP Breakthrough* pump ingredient and *310 milligrams of caffeine*, and that's only the beginning.

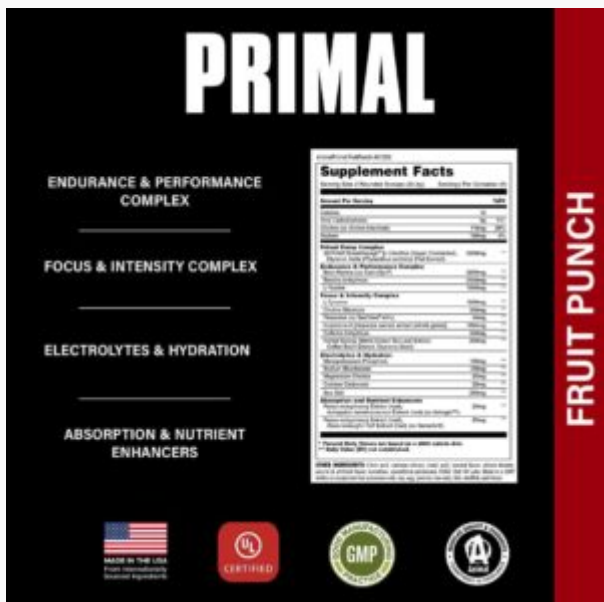


With clinically-demonstrated doses of *betaine*, *beta alanine*, and *taurine* (which are further bolstered by an electrolyte blend), you've got not only great hydration support from the two osmolytes, but also power, muscle growth, and endurance benefits as well.

The key differentiator in Primal, however, is the 3DPUMP Breakthrough. This is a patented ingredient utilizing three components:

- 3 grams of *L-citrulline* (nitric oxide booster)
- 1.2 grams of *glycerol* (cell volumization and hydration)
- 165 milligrams of *amla fruit extract* for (improved blood flow)

The patent includes a pilot study showing large mass gains that you can read about in our main Animal Primal article, and more research should be on the way.



Beyond this, there's added energy from theacrine and an herbal energy blend to help keep the vibes strong. And if you're a fan of *focus* ingredients, there's additionally a solid combination of L-tyrosine alongside choline and Huperzine A to boost neurotransmitter production.

To tie it all together, the potent NuLiv Science *gut absorption and nutrient enhancing* matrix of both AstraGin and Senactiv are *both* included, which we love to see. Senactiv is a unique senolytic ingredient that helps the body clear out old cells in order to make way for newer ones, leading to improved VO2max and other great benefits.

Long story short, a phenomenally-formulated pre-workout supplement that has well-rounded doses for pumps, energy, focus, and endurance.

You can read more about it in our article titled *Animal PRIMAL Pre-Workout: Unleash Your Inner Primal*, where you can also check prices on its own.

## Universal Animal Primal – Deals and Price Drop Alerts

### Get Price Alerts

Get Animal Primal Price Alerts Get Universal alerts Get Pre Workout Supplements price drops

Also get hot deal alerts

*No spam, no scams.*

**Disclosure:** PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

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## • Animal Pak: The Product that Built the Brand

Almost everyone who follows the industry knows of the legendary *Animal Pak* multivitamin packs, and we can't possibly cover every detail below, but when you're trying to get a *total* vitamin, mineral, and digestive support experience, this is one of the go-to options... and has been for over *thirty* years!



Here's what you get in every individually-wrapped "pak":

- **24 vitamins and minerals** to cover your micronutrient requirements
- **Antioxidants and Liver detoxification**
- **Liver and Beef Tablet** packed with Vitamin E (read our article on *Uni-Liver*)
- **Digestive Enzymes** to improve the absorption from your diet
- **Amino Acids and Protein** to boost intake and improve absorption
- **Vitamin B complex** for metabolic support

All in all, it's *eleven* supplements in a single pack, built so that you don't miss a single requirement.

You can read the details in our article titled *Universal Animal Pak: The Product That Created a Brand*, which was updated in late 2020 with the latest round of updates.

## Universal Animal Pak – Deals and Price Drop Alerts

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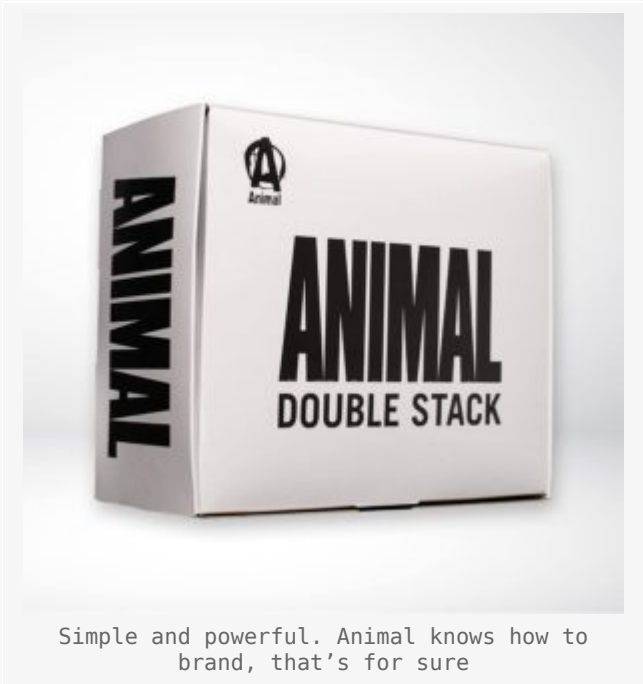
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## The classic meets the novel: Over 40 years of supplement accomplishments



Simple and powerful. Animal knows how to brand, that's for sure

*Universal Nutrition* has been around for over 40 years, and Animal Pak is over 30 years old, one of the classic innovations in multivitamin supplements. It's been followed up by *Animal Pak Powder* and other incredible classics like the award-winning *Animal Cuts Powder* and *Animal Flex*.

With the Animal Double Stack, you have the opportunity to combine the classic with the novel – Animal Pak and the new Animal Primal pre-workout. We've seen other pre-workouts from Animal, such as the straight-shooter's Animal Rage, but Primal puts the brand on a new, breakthrough level.

It's all made in Universal's own cGMP manufacturing facility in New Brunswick, NJ. It's always good to know where to go to get your *inner Primal* restarted.

## Universal Animal Double Stack – Deals and Price Drop Alerts

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## Supplement Facts

Serving Size 2 Rounded Scoops (20.3g) Servings Per Container 25

Amount Per Serving	%DV
Calories	10
Total Carbohydrates	3g 1%*
Choline (as choline bitartrate)	110mg 20%
Sodium	100mg 4%
<b>Primal Pump Complex</b>	
3DPUMP-Breakthrough® [L-Citrulline (Vegan Fermented), Glycerol, Amla (Phyllanthus emblica) Fruit Extract]	6000mg **
<b>Endurance &amp; Performance Complex</b>	
Beta-Alanine (as CamoSyn®)	3200mg **
Betaine Anhydrous	2500mg **
L-Taurine	1000mg **
<b>Focus &amp; Intensity Complex</b>	
L-Tyrosine	1000mg **
Choline Bitartrate	300mg **
Theacrine (as TeaCrine® 40%)	50mg **
Huperzine A [Huperzia serrata extract (whole grass)]	100mcg **
Caffeine Anhydrous	300mg **
Herbal Energy Blend (Green Tea Leaf Extract, Coffee Bean Extract, Guarana Seed)	200mg **
<b>Electrolytes &amp; Hydration</b>	
Monopotassium Phosphate	100mg **
Sodium Bicarbonate	100mg **
Magnesium Chelate	25mg **
Calcium Carbonate	25mg **
Sea Salt	250mg **
<b>Absorption and Nutrient Enhancers</b>	
Panax notoginseng Extract (root), Astragalus membranaceus Extract (root) (as Astragin™)	25mg **
Panax notoginseng Extract (root), Rosa roxburghii Fruit Extract (fruit) (as Senactiv®)	25mg **

\* Percent Daily Values are based on a 2000 calorie diet. \*\* Daily Value (DV) not established.

**OTHER INGREDIENTS:** Citric acid, calcium silicate, malic acid, natural flavor, silicon dioxide, natural & artificial flavor, sucralose, acesulfame potassium, FD&C Red 40 Lake. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.

## Supplement Facts

Serving Size 2 Packs

Servings Per Container 22

Amount Per Serving	%DV		
Calories	40	Methionine	100mg **
Total Carbohydrates	5g 2%*	Phenylalanine	162mg **
Dietary Fiber	1.5g 5%*	Proline	415mg **
Total Sugars	2g 0%*	Serine	225mg **
Including 0g of Added Sugars	0%	Threonine	248mg **
Protein	5g 10%	Tryptophan	70mg **
Vitamin A (as beta carotene, acetate)	1780mcg RAE 138%	Tyrosine	115mg **
Vitamin C (as ascorbic acid)	1000mg 1111%	Valine	241mg **
Vitamin D (as cholecalciferol)	100mcg 500%	Ornithine	5mg **
Vitamin E (as d-alpha tocopheryl succinate)	150mg 1000%	<b>Liver Detox Complex</b>	
Vitamin K (as phytonadione, menaquinone)	120mcg 100%	Milk Thistle Seed	500mg **
Triamin (as mononitrate)	76mg 6333%	Hawthorne Berry	250mg **
Riboflavin	76mg 5846%	Red Beet Root	200mg **
Niacin (as niacinamide)	82mg 513%	Turmeric Root	100mg **
Vitamin B6 (as pyridoxine HCl)	90mg 4706%	<b>Protein Complex</b>	
Folate	690mcg DFE (400mcg folic acid) 170%	Whey Protein Concentrate	3500mg **
Vitamin B12 (as methylcobalamin)	1000mcg 41667%	Beef & Liver Blend (Beef protein isolate, liver)	2830mg **
Biotin	300mcg 1000%	<b>Performance Complex</b>	
Pantothenic Acid (as d-calcium pantothenate)	76mg 1520%	Eleutherococcus senticosus (root)	1000mg **
Choline (as bitartrate)	90mg 18%	L-Taurine	500mg **
Calcium	2g 154%	Pan-Aminobenzoic Acid (PABA)	400mg **
Phosphorus	1500mg 120%	Choline Bitartrate	250mg **
Iodine (as potassium iodide)	150mcg 100%	Rositol	125mg **
Magnesium (as oxide)	400mg 95%	Carbiste	25mg **
Zinc (as oxide)	30mg 273%	<b>Antioxidant Complex</b>	
Selenium (as sodium selenite)	50mcg 91%	Pine Bark Extract	200mg **
Copper (as cupric sulfate)	600mcg 67%	Alpha Lipoic Acid	100mg **
Manganese (as sulfate)	5mg 217%	Grape Seed Extract	50mg **
Chromium (as chromium chloride)	100mcg 266%	Coenzyme Q10	5mg **
Potassium (as sulfate)	200mg 4%	Lutein	1mg **
<b>Amino Acid Complex†</b>		Lycopene	1mg **
Alanine	366mg **	<b>Digestive Enzyme and Absorption Complex</b>	
Arginine	265mg **	Inulin	250mg **
Aspartic Acid	460mg **	Ginger Root	200mg **
Cystine	79mg **	Bromelain	100mg **
Glutamic Acid	647mg **	Acid Prolesse (as VegPeptase 2000™)	64mg **
Glycine	562mg **	Papain	64mg **
Glutamine	127mg **	Lipase	10mg **
Hydroxyproline	241mg **	Black Pepper Extract (fruit) (as BioPerine®)	2.5mg **
Proline	90mg **	<b>Energy and Focus Complex</b>	
Solucaine	220mg **	L-Tyrosine	300mg **
Leucine	415mg **	Green Tea Leaf Extract	100mg **
Lysine	395mg **	D-Glucuronolactone	100mg **
		Coffee Bean Extract (polyphenols)	100mg **

\* Percent Daily Values are based on a 2,000 calorie diet. \*\* Daily Value (DV) not established. † Typical amounts. Results may vary.

**OTHER INGREDIENTS:** Dicalcium phosphate, maltodextrin, stearic acid, microcrystalline cellulose, hydroxypropyl cellulose, magnesium stearate, silicon dioxide, L-carnitine fumarate, lecithin, pharmaceutical glaze. Contains Milk & Soy. Made in a GMP facility on equipment that processes milk, soy, egg, peanuts, tree nuts, fish, shellfish, and wheat.