

Arms Race Nutrition APPLE PIE MOONSHINE Flavor in Four Supps

written by Mike Roberto | November 27, 2022

Now take a look at what we just received from Arms Race Nutrition:

An Apple Pie Moonshine Flavor System!



That's right, it's an *Apple Pie Moonshine* flavor system available in their four sports performance supplements:

- **Harness** pre-workout
- **Vigor** creatine muscle-builder
- **Replenish** intra-workout amino acids
- **Daily Pump** stim-free pre-workout supplement

This follows up ARN's summertime *Key West* flavor, which also brought us a new Daily Pump Formula that's also available here.

We've got the details and deals on each one below, so let's go – but first, our flavor review:

Apple Pie Moonshine: Appalachian Pumps

A sweet ode to fall and rebellion against prohibition with just a *hint* of wintery spices, Apple Pie Moonshine will transport you back to a time when crime was just getting organized and men still wore hats that weren't ballcaps.

So head to the hills and have yourself some Apple Pie Moonshine in *four* different ARN products:

- **Harness Pre-Workout**

Harness is a full-bodied firecracker of a stim pre-workout. It doesn't mess around with small doses of caffeine or citrulline – it goes all the way. Here is the ingredient breakdown:



- **L-citrulline (5 grams)** is often added to pre-workout formulations for its pronounced effect in improving blood flow and providing a strong pump. At 5 grams, Harness packs a pretty *strong* dose of L-citrulline, which has been shown to be effective at 3 gram dosages.
- **Beta-alanine (3.2 grams)**, the classic ingredient and cause of the famous *tingling sensation* experienced with so many pre-workouts, is necessary for the creation of *carnosine*, which in turn improves endurance.
- **L-tyrosine (1 gram)** is a precursor to *dopamine*, and has therefore been demonstrated to improve mood and motivation.
- **ViNitrox (500 milligrams)** is a trademarked combination of *grape* and *apple* extracts that provides the body with polyphenols, which help improve blood

flow and performance

- **Total Caffeine (404 milligrams)**
 - **Caffeine anhydrous (350 milligrams)**
 - **zumXR (75 milligrams extended release, yielding 54 milligrams of caffeine)**
- **Citicoline (250 milligrams)** is a form of *choline* that is absorbed through the blood-brain barrier much more readily than other forms, and it can give a solid boost in focus and energy.
- **elevATP (150 milligrams)** is an interesting trademarked ingredient that's been shown to aid in the creation of *adenosine triphosphate* (ATP) via a different pathway than creatine, helping to improve cellular energy levels.
- **Huperzia (20 milligrams, 1% huperzine A)** helps raise *acetylcholine* levels by inhibiting acetylcholinesterase, meaning your acetylcholine levels will stay elevated for longer, helping to improve cognition and focus.

Over 400 milligrams of caffeine – that's a *whopper*. Harness utilizes a few elements like l-citrulline and l-tyrosine in order to spark some serious pumps, but its usage of extended release caffeine, citicoline, and elevATP highlights its ability to enhance focus and energy as well.

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• **Daily Pump**

If stim pre-workouts aren't your cup of tea – or if you're just looking to get a good workout in and then go to sleep – ARN's Daily Pump is a perfect stim-free pre-workout. Focused on improving blood flow and cellular swelling, Daily Pump is able to be used on its own as a pump-inducer, or in conjunction with Harness for that extra *oomph*.



Here are the ingredients:

- **L-citrulline (5 grams)**, as explained above, is a cornerstone ingredient for blood-flow and excellent pumps.
- **Beta alanine (3.2 grams)**, as stated above, helps boost endurance by supporting the body's production of carnosine.
- **Betaine nitrate (2.5 grams)** as *NO3-T* is one of the most potent and long-lasting ingredients that helps create massive pumps.
- **Alpha-GPC (300 milligrams)** is a highly-absorptive source of choline, which can help increase *acetylcholine* production, which is a neurotransmitter associated with memory and learning, as well as coordination.
- **Senactiv (50 milligrams)** is a botanical blend from *NuLiv Science* that increases *autophagy*, the process by which old, dead cells are replaced with new healthy cells. The result is a boost in both performance and recovery.

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• Vigor Creatine Muscle-Builder

Vigor isn't your average creatine supplement. It has the tried-and-true creatine monohydrate, of course, but it's also packed with a bunch of other goodies – and it comes with some label upgrades in this flavor system that'll be moved to other flavors of Vigor moving forward!



- **Creatine monohydrate (5 grams)** is one of the most evidence-backed ingredients on the supplement market. It helps *increase ATP* in the body, leading to a long list of benefits such as increased hypertrophy, strength, endurance and even mental performance.
- **Betaine anhydrous (2.5 grams)**, which has a *synergistic* effect with creatine, has been shown to increase power and strength.
- **Peak02 (2 grams)** is a trademarked *mushroom blend* from *Compound Solutions* that has been established to increase V_{O2} max and endurance during exercise.
- **elevATP (150 milligrams)** – Increases the body's high-energy ATP levels, short for *adenosine triphosphate*. This has led to improved strength / power / performance in trained athletes.
- **Senactiv (50 milligrams)**, a *senolytic* ingredient that helps the body clear old dying cells out to make way for new ones, and has been shown to increase V_{O2} max along the way.

In Vigor's second edition, *elevATP* and *Senactiv* replaced coenzyme Q10 and AstraGin – and it was first seen here in this flavor! You can read more in our article titled *Arms Race Vigor: New Flavors (Bombsicle!) for the New Formula*.

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• Replenish Intra-Workout Amino Acids

Of course, you can't ignore your post-workout routine either, and that's where Replenish comes in. Good recovery is vitally important for muscle protein synthesis, as well as the ability to work just as hard at your next gym session without any soreness or risking injury. Here are the ingredients:



- **BCAAs 4:1:1 (6 grams)**, is a mixture of three BCAAs: **leucine**, **isoleucine**, and **valine**. Each scoop contains 4g of leucine, 1g of isoleucine and 1g of valine. BCAAs are a group of amino acids that have been shown to stimulate muscle protein synthesis, as well as offset muscle soreness.
- **Essential amino acids (EAAs)**
 - **L-lysine** has positive effects on the immune system and may even boost *collagen synthesis*.
 - **L-threonine** is a precursor to *glycine* and *serine*, making it crucial for

muscle tissue growth and repair.

- **L-phenylalanine** plays a role in the production of neurotransmitters like *dopamine*, *epinephrine*, and *norepinephrine*, which allows you to combat feelings of fatigue and replenish your stores much more quickly.
 - **L-histidine**, which combines with *beta-alanine* to create *carnosine*, which helps to reduce *lactic acid* build-up.
 - **L-methionine** is an *antioxidant* that helps protect the body from free radicals and oxidative stress.
 - **L-tryptophan** is a precursor to *serotonin*, which helps regulate sleep, digestion, and appetite.
- Replenish also has an *electrolyte blend*, incorporating both **potassium** (72 milligrams) and **sodium** (100 milligrams) in order to help refuel your body with the hydration it needs following a grueling workout.

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Conclusion: Apple Pie Moonshine is a Home Run



This release was a hit, and the Black Friday special included some incredible *mason jars*

We love the way Arms Race does flavors. Instead of only treating each product as separate – and only releasing flavors one at a time for each product – Arms Race Nutrition treats their product line as a cohesive whole. If you want, you can immediately get Apple Pie Moonshine in *four* different products serving four different purposes.

Not only that, but Apple Pie Moonshine *tastes* incredible. Sweet with the perfect amount of spice, the flavor will warm your belly to spite the cold temperatures.

One of the best Black Friday launches we've seen

This is one of the better Black Friday launches we've ever seen, and it's available for a limited time. However, after tasting these supplements, ARN hit the nail on the head so well that we think there will be requests to re-stock them. So if you missed out, maybe there's a chance...

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