

Arms Race Nutrition: Back in Black... Black Cherry Flavor!

written by PricePLOW Staff | March 11, 2022



Add **black cherry** to the list... list of flavors to try, that is! Once again, the team over at Arms Race Nutrition added another flavor to four separate formulas: *Harness*, *Daily Pump*, *Vigor* and *Replenish*. While these products may not be new, we're about to go over them briefly since they're now available with a brand new taste.

Coming from Julian Smith and Doug Miller, Arms Race released multiple great products over the past few years, and if you follow their podcast, you'll find they're always pushing the envelope, especially when it comes to growth and adding new products and formulas to their line.

This flavor lineup, however, is part of Sam Sweeney (@mrs.sweendogg)'s Signature Series. You can see her silhouette grace the tubs, as she is one of Arms Race Nutrition's top "Arms Dealers", with the popular Sweeney Fitness app that provides training programs, nutrition guides, and workout support.

Let's review this new flavor available in some of the more popular Arms Race products, but first, check in on some of PricePLOW's coupon-driven prices:

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What is Black Cherry?

We have seen multiple cherry flavors enter the supplement market. But only a few of them actually find success. When contemplating this flavor, two thoughts come to mind: the first being a sweet candy, like you'd get in a lollipop or hard candy. The other option is more of a tart, tangy sensation. The Arms Race version of black cherry is a little bit of both. It isn't overly sweet, nor is it tart or sour. It actually hits a nice balance between the two. That way, any user can enjoy the side of the flavor they're drawn to.

Here's what Sam Sweeney has to say about Arms Race black cherry, the flavor she helped create:

"I am so stoked to see the Black Cherry family expand! Every time I have Black Cherry Harness it leaves me wanting more, it's like a little treat in my day. Adding Vigor, Daily Pump, and Replenish to the black Cherry family just means I really can sip on it all day. It's definitely a household favorite around here and I truly think it's a flavor anyone can enjoy!"

– @mrs.sweendogg[1]

• A bit about Arms Race Harness Pre-Workout Supplement

Harness is Arms Race Nutrition's flagship product. This is their take on a stim pre-workout. And the brand has done a solid job when it comes to the formula. For this product, they loaded it with some great ingredients at effective doses. We'll be listing the amounts for a full serving (2 scoops), but we think it's important to note: while this is a great pre-workout option, if you're new to stim pre-workout products, we suggest starting with half a serving until you're familiar with your tolerance.



Meanwhile, here are the goodies!

- 5g L-citrulline
- 3.2g Beta-alanine
- 1g L-tyrosine
- 500mg ViNitrox
- 404mg Total Caffeine:
 - 350mg caffeine anhydrous
 - 75mg zümXR (extended release, yielding 54mg caffeine)
- 250mg Citicoline
- 150mg elevATP
- 20mg Huperzia (1% huperzine A)

As you can tell, this formula is no slouch. It packs a punch when it comes to getting a pump. But Harness is about far more than just the pump; for that keep reading below to learn about Daily Pump. We specifically get into details about the ingredients that work together –and in sync–to improve focus and energy.

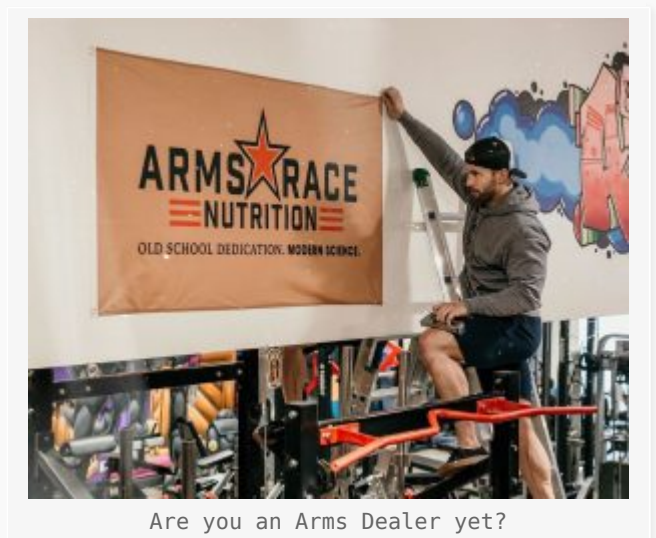
Harness uses the studied clinical dose of beta-alanine. Whether you like the tingling sensation it can cause (for some people, it's one of the best parts!), or are looking for the endurance benefit, beta-alanine has become a pre-workout staple in the industry.



Beta-alanine helps produce carnosine in the body, which helps buffer lactic acid. Doing this helps improve endurance and lets you squeak out an extra rep or two. It also has a paresthesia effect, otherwise known as the red tingling sensation, which can occur on the fingertips, lips and ears.

Harness also provides a full gram of tyrosine. The amino acid (tyrosine) is a precursor to dopamine and helps improve mood. It's true that exercise improves mood. Research has been showing us that for decades. But Harness contains ingredients that work to improve mood, too. So whether it's early on a chilly morning, or after a long, hard day, getting a jump-start on improving your mood and euphoria will help a lot in getting you to go to the gym.

Dual sources of caffeine help make Harness a powerful product. On top of 350 milligrams of instant-hitting caffeine anhydrous, Harness also has 75 milligrams of zümXR. This is the extended release form of caffeine, meaning that it lasts longer than the caffeine you get in coffee, tea, and some supplements. Pairing caffeine anhydrous with zümXR helps not just to ramp up energy quickly, but also makes sure it lasts throughout the whole workout.



ElevATP is a trademarked ingredient by FutureCeuticals. It's been shown to help our body create adenosine triphosphate (ATP). The main source of energy

our cells use is ATP. Not to be confused with creatine, elevATP goes through a different pathway to improve ATP production. It can be used in conjunction with creatine or by itself.

For improving focus, Harness contains citicoline and huperzine A which are ingredients that can be used synergistically. Citicoline is a source of choline that crosses the blood-brain barrier better than other forms. And it's also typically what gives that energized, focused feeling.

Now that we have a choline source, that body will make acetylcholine—our body's chief neurotransmitter that brain cells use to communicate.. Huperzine a is an inhibitor of the acetylcholine esterase enzyme. This combo gives the user better focus with a long lasting effect.

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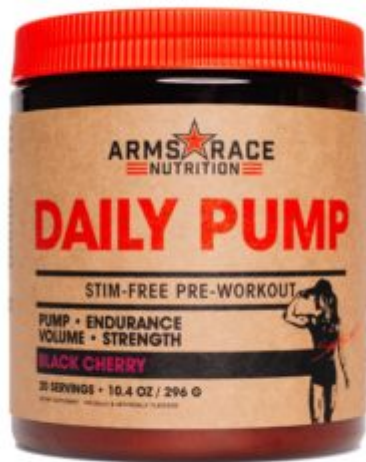
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• Arms Race Nutrition Daily Pump – ARN's Stim-Free Pre

Stacking products can be tricky. But Arms Race made it easy for their customers. Daily Pump can be taken by itself or stacked with Harness. There are no stimulants at all in Daily Pump, which makes it a great option for anyone—and especially if you're sensitive to stimulants or get your fill from other sources. Focusing on blood flow and cellular swelling, there are four effective ingredients in Daily Pump.



- **5g L-citrulline**
- **3g Glycerol powder as GlycerSize**
- **2.5g Betaine nitrate as N03-T**
- **500mg ViNitrox**

Starting strong, Daily Pump provides a good dose of citrulline. At 3 grams, citrulline has been shown to be effective, but Arms Race went with a hefty 5 grams. Citrulline is used in many pre-workout products to help improve blood flow and provide a more satisfying pump.

Up next is glycerol and betaine nitrate. Both ingredients are osmolytes and help draw water into muscle cells. Not only does this assist with hydration during exercise, but it works to increase performance and endurance. The nitrate part helps increase nitric oxide (NO) in the body. Utilizing this pathway along with citrulline, Daily Pump attacks blood flow from multiple pathways.

The last ingredient is the trademarked ViNitrox. It's a cool combo of grape and apple extract that works by providing the body with polyphenols. These micronutrients are yet another type of compound that improves blood flow and performance. Including this ingredient is another reason Daily Pump is an amazing stim-free supplement to take alone or stacked with another pre-workout.

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• Arms Race Vigor – Advanced Creatine Supplement

When it comes to creatine, many users look for the tried-and-true creatine monohydrate. Arms Race went with this form, AND loaded the product with even more goodies.



- **5g Creatine Monohydrate**
- **2.5g Betaine Anhydrous**
- **2g Peak02**
- **100mg CoQ10** (Note: This has been replaced by elevATP in future versions)
- **50mg AstraGin** (Note: This has been replaced by Senactiv in future version)

We have covered creatine many times, but if you're new to PricePLOW—or to supplemental nutrients— here is a very quick overview.

Creatine has been shown to help increase ATP for our body. Doing so helps increase strength, power, and endurance. That's pretty cool.

Betaine is another great ingredient when it comes to power output and strength. It seems to have some synergy with both creatine and leucine. As a secondary effect, it also has slight hydration properties, acting as an osmolyte.

Following betaine, we have Peak02. This is a trademarked blend of adaptogenic mushrooms from Compound Solutions. This ingredient has been shown to improve athletic performance and endurance. Not only that, but it also increases V02 max and time to exhaustion.

Finally, as you can see above, the formula will eventually transition to the "2nd edition", which began in late 2022. You can read more in our main *Arms Race Vigor* article.

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• Arms Race Replenish – EAA/BCAA Blend



Replenish is Arm Race Nutrition's version of an essential amino acid (EAA)/

and branched-chain amino acid (BCAA) product. Geared toward recovery, hydration and endurance, Replenish is a good option for anyone looking to improve their workouts. Here's a list of ingredients.

- **10g Total Aminos Acids**
- **6g BCAAs with a 4:1:1 Ratio**
- **4g EAAs**
- **172mg Electrolytes (Potassium & Sodium)**

Utilizing a full spectrum of EAAs in each of its 30 servings, Replenish helps with muscle repair and reduces muscle soreness. All fitness enthusiasts desire these results.

Not every amino product contains tryptophan or methionine. Replenish not only contains both, but combats the difficulty of flavoring the amino acids using delicious and creative flavors. On top of the full spectrum EAAs, the 4 grams of leucine is a larger dose than you'll see in most products on the market. It's something to look forward to.

Finally, Arms Race adds some electrolytes to help with hydration. Even if you're not sweating, electrolytes help your performance, especially if minerals are depleted.

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Arms Race puts a cherry on top



Arms Race Nutrition has a comprehensive product line, each supplement is well thought out and filled with some interesting goodies. From their proteins, Foundation and Elevation, to their general health products, Clarity and Stabilize, any user will be satisfied with the quality that Arms Race offers. Adding this new flavor, black cCherry, will give consumers another great option to choose from: one that's not too sweet, but not too tart. In our opinion, Arms Race nailed this flavor, and it is safe to say that it will keep us satisfied until the next new and unique flavor hits store shelves.

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References

1. <https://www.instagram.com/p/CZHuKeDJHLS/>