

Arms Race Vigor: New Flavors (Bombsicle!) for the New Formula

written by PricePLOW Staff | January 4, 2023

Back in November, *Arms Race Nutrition* released a limited-edition flavor, *Apple Pie Moonshine*, across four supplements: **Harness**, **Replenish**, **Daily Pump**, and **Vigor**. On top of its incredible novelty, the flavor served as a quiet test run for an *upgraded Vigor* formula, ARN's creatine muscle-building formula.

Today, we have a *new Vigor flavor*, and with it, the Vigor V2 formula has been cemented:



A new *Bombsicle* flavor of Arms Race Nutrition's *Vigor* fortified creatine supplement is out, and with that, it cements the new 2nd edition version of the supplement!

Arms Race Vigor upgrade solidified in new *Bombsicle* flavor

There's a *boatload* of research backing up creatine's efficacy for improving athletic performance, but ARN takes it a step further with the latest version of Vigor. They've bolstered the classic athletic supplement ingredient with several additions aimed at *maximizing* the strength and performance benefits of creatine.

An enhanced creatine + betaine supplement

The new Vigor (introduced as "*Vigor 2nd Edition*" on their website) now contains *creatine monohydrate*, *betaine*, *Peak02 (mushrooms)*, *ElevATP*, and *Senactiv*. The newcomers are ElevATP and Senactiv, replacing CoQ10 and AstraGin.

Even better? We get Vigor in a brand new ARN flavor. It's called **Bombsicle**, and gulping it down feels just as energizing and *American* as it sounds.

We're going to dive into a little summary on how Arms Race Nutrition Vigor

works, but first, let's check PricePLOW for good ARN deals, and watch our video review of the new Bombsicle flavor:

Arms Race Nutrition Vigor – Deals and Price Drop Alerts

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Arms Race Nutrition Vigor – How It Works

- **Creatine Monohydrate – 5000mg**

Supplement Facts
Serving Size: 1 Scoop (13.8 g)
Servings Per Container: 30

	Amount Per Serving	% DV
Creatine Monohydrate	5000 mg	**
Betaine Anhydrous	2500 mg	**
Peak02® (Cordyceps militaris (Cordyceps), Ganoderma lucidum (Reishi), Pleurotus eryngii (King Trumpet), Lentinula edodes (Shiitake), Hericium erinaceus (Lions Mane), and Trametes versicolor (Turkey Tail)) (root)	2000 mg	**
ElevATP® (Ancient Peat and Apple Extract)	150 mg	**
SenActu® (Panax notoginseng (root) and Rosa roxburghii (fruit)) Extracts	50 mg	**

** Daily Value not established.

OTHER INGREDIENTS:
Citric Acid, Natural and Artificial Flavors, Silicon Dioxide, Sucralose, Acesulfame Potassium.

Arms Race Nutrition Vigor Ingredients – as shown in the "2nd Edition", where ElevATP and Senactiv replace CoQ10 and AstraGin.

Creatine is a compound that helps increase the production of *adenosine triphosphate* (ATP), a molecule that provides energy to cells in the body. We know that creatine has a wide range of health benefits and has been extensively studied for its ability to improve athletic performance. It has been shown to increase max power output, the number of reps during a maximal

effort, and the total work performed during exercise[1]. It also improves performance in activities such as sprinting, swimming, and soccer.[1-8]

In addition to its short-term benefits, creatine supplementation can also lead to long-term benefits when taken over a prolonged period of time. The benefits of creatine compound with every workout, ultimately leading to increased power and more muscle mass.[6-12]

There is also some evidence to suggest that creatine supplementation may have cognitive benefits, such as improving short-term memory and reasoning ability.[13] However, the research is thinner in this area and requires more study to demonstrate the true cognitive effects of creatine.

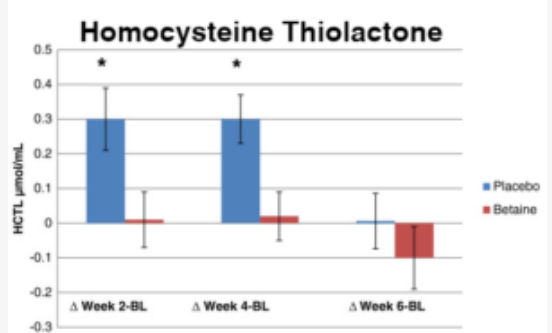
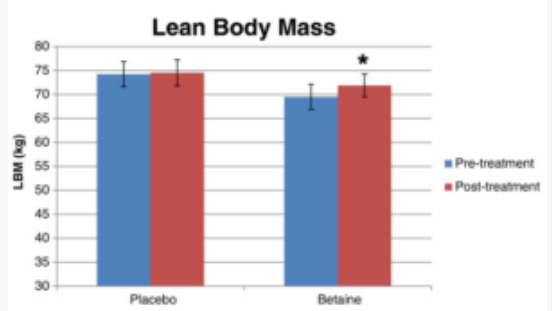
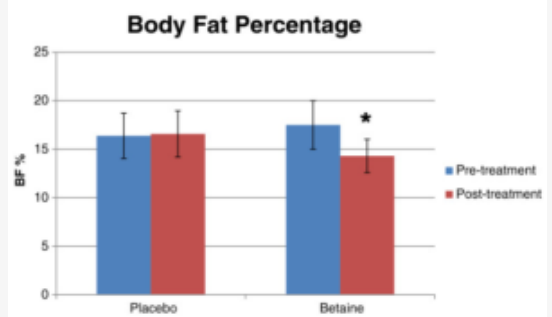
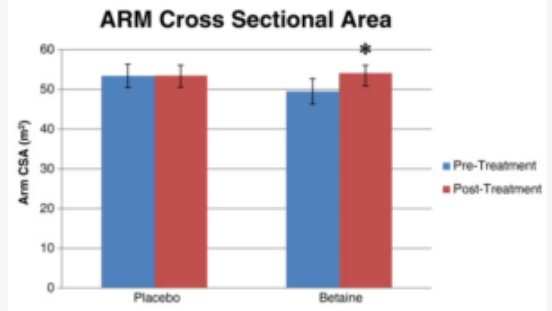
Creatine monohydrate is king, and creatine is safe

If you're here, you likely already know that creatine is incredible and both safe, and effective, so you're probably more interested to see how ARN is *improving* upon it below. But if you're not yet confident with that statement and want to dive deeper into creatine, we suggest reading the *ISSN's position stand on the safety and efficacy of creatine supplementation in exercise, sport, and medicine*. [14]

Further, if you want a recent study comparing the various *forms* of creatine, and why sticking with plain creatine monohydrate is the choice thing to do, there's a recently-published article from 2022 with 255 references comparing the various forms.[15] Conclusion? Monohydrate is still king of the research, and likely always will be.

- **Betaine Anhydrous – 2500mg**

Betaine: 2.5g/day



A landmark 2013 study showed that 2.5 grams of betaine every day can have *profound* effects on body mass and strength[19,20]

Betaine, also known as *trimethylglycine* (TMG), is a compound that promotes cellular energy production by acting as a *methyl donor*. Methyl donors are carrier molecules that transport methyl groups, which are involved in various metabolic processes, including the management of *blood homocysteine levels*[16], which is important for maintaining good cardiovascular health.

So while creatine above provides *phosphate* groups, betaine provides these *methyl* groups – both very necessary, and both synergistic for the body.

Even better, betaine is also an *osmolyte*, a substance that helps to increase hydration in cells, improve access to nutrients, and increase resistance to heat stress.[17-19]

There's evidence to show that betaine can improve heat resistance, endurance, and power output. One landmark study found that daily supplementation with 2.5 grams of betaine for six weeks led to 5.3 pounds of muscle gain and 6.4 pounds of fat loss in men.[19,20] Another study in women found that combining 2.5 grams of betaine with a strength training program led to 4.4 pounds of body fat loss over eight weeks.[21]

The above studies are the main reasons betaine is included, but athletes training with it while using enough water also report *better pumps* as well – the hydration aspect shouldn't be forgotten!

• **Peak02 – 2000mg**

Peak02 is a blend of medicinal mushrooms that has been gaining popularity in the supplement industry. The blend is led by *Cordyceps militaris*, which has been shown to support oxygen uptake and increase power output.[22]

In a 2016 study, researchers found that chronic use of the mushroom blend containing *Cordyceps militaris* could enhance aerobic performance and delay fatigue in trained athletes. The subjects in the study saw significant improvements in V02 max, endurance, and peak power output after consuming 4g of the blend daily for three weeks.[22]

In 2017, researchers conducted two trials to examine the effects of different doses of Peak02. The first trial used a 2g daily dose for 28 days, while the second trial used a 12g daily dose for 7 days. The low-dose group saw significant decreases in time to fatigue and blood lactate levels, as well as an increase in V02 max after 4 weeks of supplementation.[23] The high-dose group saw similar improvements, as well as decreases in submaximal heart rate and increases in peak power output.

These results suggest that the 2g dose of Peak02 in Vigor V2 may be sufficient for athletes to realize positive performance improvements.

Cordyceps *militaris* for the win

We've been big on emphasizing cordyceps *militaris* over cordyceps *sinensis*. Reason being, *militaris* has a "cleaner" body of research, since *sinensis* is often mis-identified.[24-27] *Militaris*, however, doesn't have these problems and has greater bioactive potency,[28] and shows more biological activity.[29,30] One study showed that supports increased ATP production.[31]

For these reasons, we're happy to see Vigor include a mushroom blend led by cordyceps *militaris*.

- **ElevATP (Ancient Peat and Apple Extract) – 150mg**



A new ingredient in the upgraded Vigor released in early 2023, **ElevATP** is made from a patented blend of *peat moss* and *apples* that's been shown to increase ATP production.[32] As we touched on above, ATP is a vital energy source for cells in the body, and increasing its production can have *numerous* health and performance benefits.

One study published in 2016 found that taking 150 milligrams of ElevATP daily for eight weeks led to significant increases in one rep max for squats and deadlifts, as well as increases in jump velocity and power, compared to a placebo control group.[33]

This may synergize with creatine – we're always looking for healthy ways to maintain high ATP levels during training. It replaced coenzyme Q10 from the previous versions of vigor – while CoQ10 is a great antioxidant, ElevATP has

more *performance-based* research behind it, which is generally the goal for Arms Race Nutrition's customers.

- **SenActiv (Panax notoginseng (root) and Rosa roxburghii (fruit)) Extracts – 50mg**

Senactiv is a *senolytic* agent, a type of nutraceutical that promotes the breakdown and recycling of *senescent* cells. The idea here is to help clear out old/dying/dead cells to make way for fresher, newer ones that function better. This ingredient is extracted from *Panax notoginseng* and *Rosa roxburghii* and is produced by NuLiv Science, an industry staple for ginseng extracts.



Julian Smith delivered an incredible Apple Pie Moonshine flavor

Multiple studies have been conducted on the active compounds in Senactiv, which have been found to have various beneficial effects. For example, one randomized, double-blind, placebo-controlled study showed that people who supplemented with the ginseng-derived component of Senactiv before exercise had significantly reduced muscle damage and inflammation, faster glycogen replenishment, and increased time to exhaustion at 80% V02max compared to the placebo group.[34]

Another study found that people who took Senactiv before leg exercises had lower perceived exertion and reduced inflammatory markers the following day. Senactiv's mechanisms of action are unique and contribute to the effectiveness of creatine supplementation via the promotion of performance on a cellular

level.[35]

On Senactiv replacing AstraGin...

This replaced AstraGin from the original version. AstraGin is another ingredient from NuLiv Science that promotes absorption and uptake – it has *some* of the same constituents (namely the ginseng). In a supplement like Vigor, we do like Senactiv more if we had to choose between the two.

In addition, if you use other sports nutrition supplements, there's a *very* good chance you're already getting AstraGin in, since it's seemingly *everywhere* lately! So this is a win-win for a majority of Arms Race Nutrition "arms dealers".

All Arms Race Nutrition Vigor flavors

The new Vigor formula launched with ARN's limited-edition *Apple Pie Moonshine* flavor, and as of the writing of this article, *Bombsicle* is next. Over time, the other flavors listed below will convert over, so check the store's label to be sure:



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