

AstroFlav Full Tank: Never Run on Empty Again

written by PricePLOW Staff | September 24, 2022

AstroFlav was founded in 2019 by a team of *supplement retail* veterans. During their years of direct, boots-on-the-ground contact with supplement consumers, the AstroFlav gang realized that many of their needs were *not* being met by the supplement industry as it stood at that time.

Chief among these needs was a customer desire for a *high-trust company* invested in developing long-term relationships with its customers, sparing *no* expense to produce the most trustworthy supplements possible.

AstroFlav's mission is to be a supplement brand *for the people*, and they constantly strive to uphold four core values: *trust, compassion, integrity, and results*.

That means *100% transparency, fully disclosed labels, premium ingredients*, and most importantly:

Astronomically great flavors.



We recently covered the updated *AstroFlav IsoMix* formula, which definitely lived up to its hype in terms of flavor. It's great as a post-workout shake – but what if you need more “oomph” during your training?

Keep Your Foot on the Gas With AstroFlav Full Tank

This is where *intra-workout supplements* like **AstroFlav Full Tank** come in.

With ample *carbs and protein*, and minimal fat, AstroFlav Full Tank is formulated to give your muscles *everything* they need to work hard and stay hard, *without* adding too many calories to your daily intake.

Simply *add a scoop into your shaker bottle*, combine with water or your preferred beverage, and sip throughout your workout to stay in peak form.

Added bonus? *It tastes amazing*, which is what we expect from any AstroFlav product.

Let's check availability on PricePLOW, then dig into the reasoning and formulation for Full Tank:

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Why Are We Here? You Need Fuel For Exercise

It's not always easy to be disciplined with fitness – it takes a lot of discipline just getting to the gym some days. There's a whole other level of dedication to push yourself once you start your workout.

That said, pushing yourself is a lot easier when you're running on a *full tank of gas*. Specifically, this means keeping your body supplied with *glucose* so that you don't deplete your *glycogen stores* during intense efforts.



We care about this because *glycogen depletion* impairs both performance *and* recovery.

Once your glycogen stores begin running low, you won't be able to work as hard. This means that you can't provide your muscles and cardiovascular system with the *biggest possible training stimulus*, which increases your risk of leaving gains on the table.

After you finish your workout, go home, eat, and *sleep*, the real adaptation to exercise begins. And if your glycogen stores aren't full by then, the muscle protein synthesis that occurs *in response* to training can be impaired.

Thus, when it comes to optimal performance and recovery it's *very important* to keep your glycogen stores as full as possible.

By the same token, we want our muscles to *grow* in response to exercise, but exercise itself can break muscles down. Part of the reason for this is that as you get deeper into the metabolic deficit caused by intense exercise, your body might begin *breaking down muscle tissue* and recycling its constituent amino acids for *energy*.

Giving your muscles a steady supply of aminos can help *minimize* the catabolic effect of exercise, as well as help *maximize* muscles' anabolic response to training.

AstroFlav Full Tank Ingredients

SUPPLEMENT FACTS		
Serving Size 1 Scoop (35.5g)	Servings Per Container: 20	
	Amount	% Daily Value*
Calories	80	
Total Carbohydrate	20g	7%
Calcium (as calcium citrate)	20mg	2%
Phosphorus (as Sodium Phosphate)	10mg	1%
Magnesium (as Magnesium Malate)	10mg	2%
Chloride (as Sodium Chloride)	117mg	5%
Sodium (as Sodium Chloride and Sodium Phosphate)	211mg	9%
Branch Chain Amino Acids		
L-Leucine	2500mg	**
L-Isoleucine	1250mg	**
L-Valine	1250mg	**
Essential Amino Acids		
L-Lysine	1250mg	**
L-Threonine	1250mg	**
L-Histidine	125mg	**
L-Methionine	125mg	**
L-Phenylalanine	125mg	**
L-Tryptophan	125mg	**
Hydration		
Betaine Anhydrous	1000mg	**
Taurine	1000mg	**
Coconut Water Powder	500mg	**
Uptake Matrix		
Cluster Dextrin	2000mg	**
Beta Alanine	1200mg	**
Astragin®	50mg	**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**Daily Value (DV) not established.

Other Ingredients: Citric acid, Natural & Artificial flavors, sucralose, silica, and natural colors (beet color, beta carotene).
Contains: Treenuts (Coconut).

AstroFlav Full Tank boasts a full ingredient profile of amino acids, hydration boosters and an insulin-spiking carb load.

In a single 1-scoop (35.5 gram) serving of Full Tank from AstroFlav, you get the following:

- **Sodium (211 mg, 9% DV)**

Although salt has gotten a bad rap in recent decades, **sodium** is crucial for optimal health, performance, and recovery. The first thing to realize about sodium's place in an *intra-workout* supplement is that you can lose a *lot* of sodium during exercise. That sounds like a good thing, given the anti-salt attitudes in our culture, but recent research has actually found a *J-shaped curve* of mortality associated with salt consumption. According to which those who get *too little salt* can suffer similar cardiovascular effects as those who get too much. The sweet spot seems to be somewhere between 3 and 5 grams of sodium consumption per day. This is enough to replace what you lose when you sweat, but probably not enough to push your sodium intake into dangerous territory.

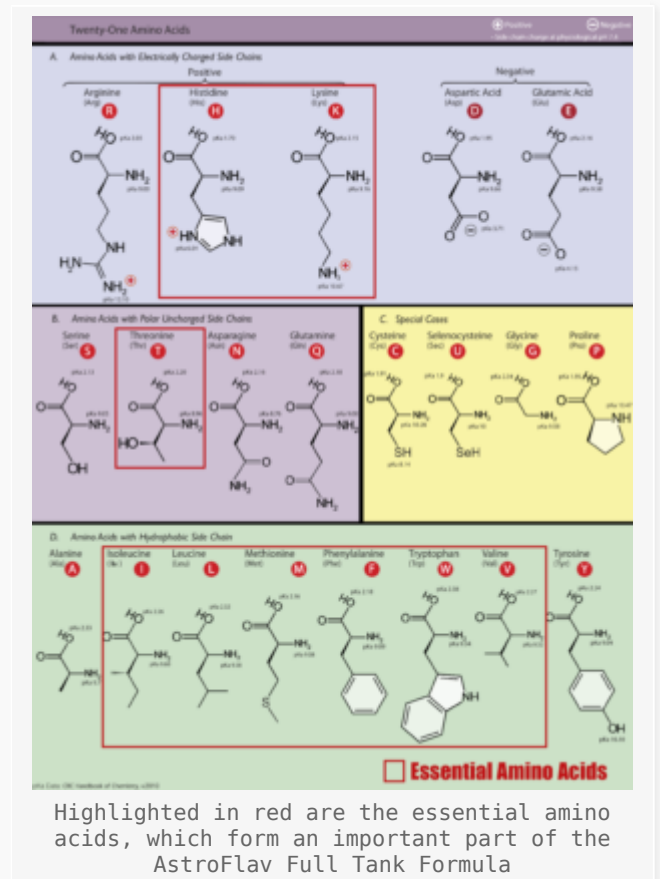
- **Branched-chain amino acids (BCAAs) (5,000 mg)**

The amino acids *leucine*, *isoleucine*, and *valine* are all *anabolic triggers*. They signal your body to begin the *anabolic response* that occurs after exercise-induced muscular damage. The BCAAs can also increase athletic endurance. Of the three, leucine is the *most* anabolic, and has been shown to significantly upregulate *mammalian target of rapamycin* (mTOR), one of the anabolic master switches. Leucine requirements go up as we age.

- **Essential Amino Acids (EAAs) (3,000 mg):**

The *essential* amino acids are so called due to the fact that your body can't make them on its own, meaning that you must consume EAAs in their whole form to meet nutritional requirements. The three BCAAs are actually essential amino acids, but here we have the remaining six:

- **L-Lysine (1,250 mg)**



Lysine is one of the building blocks for *carnitine*, and helps your body properly metabolize calcium. This includes both *increasing calcium absorption*, and ensuring that the calcium you consume gets deposited where it belongs. Lysine also supports *collagen synthesis*.

- **L-Threonine (1,250 mg)**

It's a precursor to *glycine* and *serine*, two amino acids that behave like neurotransmitters in your brain, and are necessary for optimal cognitive function. Threonine can also help increase your body's rate of *muscle protein synthesis*.

- **L-Histidine (125 mg)**

Histidine is a precursor to *carnosine* (it's easy to confuse this with *carnitine*, but they're different molecules). Carnosine *buffers* lactic acid in your muscles, helping remove it before it can impair your athletic

performance, and thus *increase athletic endurance*. Histidine blood levels are also a factor in your body's rate of muscle protein synthesis.

- **L-Methionine (125 mg)**

Methionine is a precursor to *taurine* and *cysteine*, amino acids that greatly impact athletic and cognitive performance, as well as recovery from exercise. Methionine is also a potent *antioxidant* and precursor to *carnitine*, just like lysine.

- **L-Phenylalanine (125 mg)**

This is a precursor to *tyrosine*, which itself is a precursor for *catecholamine neurotransmitters* like dopamine and adrenaline.

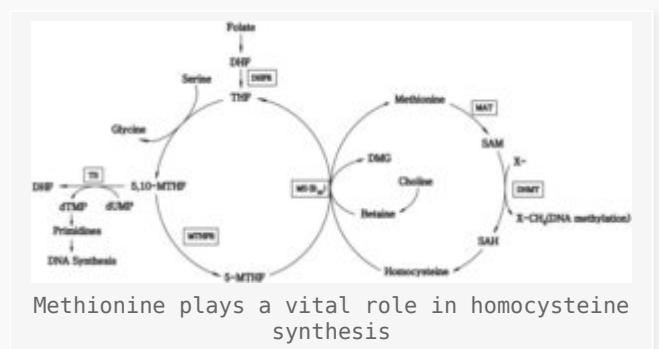
- **L-Tryptophan (125 mg)**

This one gets a bad rap because of the long-held belief that it can cause *drowsiness*. Don't worry, it won't. Instead, it can help increase your pain tolerance and upregulate serotonin.

- **Hydration (2,500 mg)**

Next up we have a good blend of ingredients designed to help your body *retain water* and use it to support intense physical activity.

- **Betaine Anhydrous (1,000 mg)**



Betaine increases ATP production and is an important *methyl donor* that can support the *methylation* process throughout your body. Methylation is required to keep *homocysteine blood levels* in check. And since high homocysteine is an established risk factor for cardiovascular disease, we regard betaine supplementation a good long-term investment in your athletic performance. Betaine is also an *osmolyte*, meaning it forces water into cells by increasing the osmotic pressure around them.

- **Taurine (1,000 mg)**

Taurine is great for *mitochondrial health*, particularly in your *brain*,

which is one of the reasons why you see taurine paired with *caffeine* in popular energy drinks. Taurine is also an *osmolyte* like betaine, helping protect your cells from *heat stress* by increasing their hydration levels. Taurine can also support *muscular contractions* by supporting calcium uptake and increasing *nitric oxide* production.

- **Coconut water powder (500 mg)**

Coconut water is an awesome source of *electrolyte minerals*, electrically conductive metal elements that your body uses to facilitate *nerve impulses*. You lose a lot of electrolytes during exercise, which can make you feel crappy or, if it's bad enough, cause life-threatening illness. Regardless, we want to replenish any electrolytes we lose during exercise, *sodium* being one of the most important.

- **Uptake Matrix (21,250 mg)**

This blend of ingredients is designed to *spike your insulin levels* with a decent carb load. That might sound like a *bad* thing, given all the negative press that insulin has gotten in recent years, but insulin is crucial for moving the *amino acids* in this product, and any other nutrients you consume, into your muscle tissue. Nutrient uptake is also enhanced by *AstraGin*, which is why we have it here.

- **Cluster dextrin (20,000 mg)**

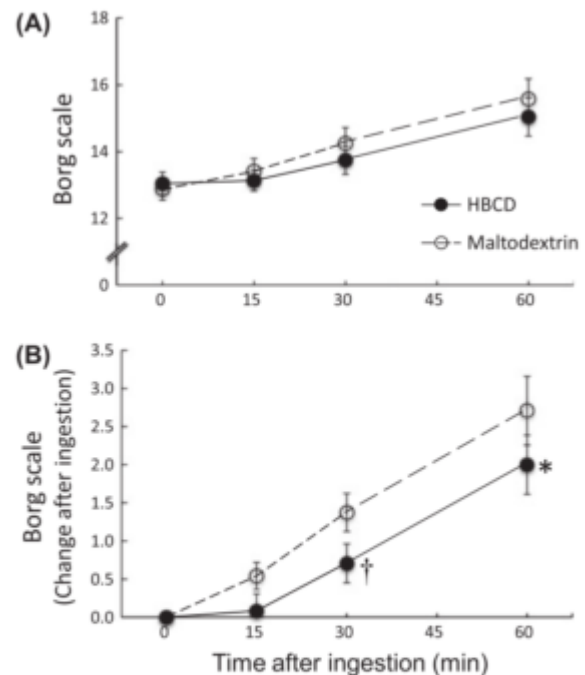


Fig. 1. RPE measured using Borg scale before and after ingesting HBCD and maltodextrin. (A) RPE; and (B) changes in RPE after ingestion.

Note: Values are presented as means \pm SE * $p < 0.05$ and † $p < 0.01$ vs. maltodextrin at same time point. HBCD, highly branched cyclic dextrin.

In comparing the rates of perceived exertion between Cluster Dextrin and maltodextrin, Cluster Dextrin exhibits a powerful drop in how hard your workouts feel!

We want to take in *carbohydrates* during exercise for the reasons we discussed in the introduction, the only problem is that *most* forms of carbohydrate can cause gastric distress when taken during exercise. Cluster dextrin is formulated to be *rapidly – and easily – absorbed*, which helps minimize potential gastrointestinal irritation. It also *does better* than other carbohydrates when it comes to supporting athletic performance and recovery.

- **Beta-Alanine (1,200 mg)**

Beta-alanine is an awesome *carnosine precursor*, which we take as a supplement because research has shown that the body's beta-alanine levels are actually the *rate-limiting factor* in its production of carnosine. Carnosine, as we discussed earlier, is awesome for its lactic acid buffering and endurance-boosting effects, and more beta-alanine means more carnosine, hence greater athletic endurance.

- **AstraGin (50 mg)**

AstraGin is a special blend of botanical extracts from the innovators at NuLiv Science that can *enhance the bioavailability of other ingredients* by increasing the supply of *adenosine triphosphate (ATP)* in intestinal cells supply of *adenosine triphosphate (ATP)*. Supplementation with the constituent parts of AstraGin – ginseng and astragalus – is associated with increased healthspan and lifespan.

Flavors Available:



AstroFlav Full Tank comes in three delicious flavors: Cherry Lime, Pink Lemonade, and Rocket Pop.

The following list of flavors will stay up to date through PriceFlow:

Conclusion: Keep your Tank Full with Full Tank

AstroFlav is a no-nonsense intra-workout that came to *play*. With a highly digestible source of carbs, ample protein, large doses of hyper-hydrating *osmolytes* and performance boosters like beta-alanine and betaine, this is a winner that can keep anyone pushing their limits to the max.

Note that AstroFlav has *Astro Amino*, but sometimes, you want **carbs!** That's where Full Tank comes in.

This helps round out the pre/intra/post workout stack from AstroFlav, which has *Flip Mode*, Full Tank (or Astro Amino), and IsoMix. Our thoughts? Especially when training, you should fear an *empty tank* more than fearing the carbs! So keep it *full* with Full Tank.

Training Days:
Mix 1 scoop in 12-16 oz of water.
Consume during training for best results.

Non-Training Days:
Mix 1 scoop in 12-16 oz of water.
Not necessary to consume on non-training days.
If you are extremely sore from your prior training days,
drink one serving to aid in your recovery.

BEST USE OF FULL TANK:
The ideal time to consume Full Tank is during your workout. Our combination of amino acids, carbohydrates and electrolytes provide you with all the necessary nutrients for training, ensuring an adequate amount of glucose, amino acids & carbs in the bloodstream aids the body in fueling itself off before tapping into your muscle's glycogen stores.

Other Ingredients: Citric acid, natural flavors, beta-alanine, and other natural food-grade ingredients.
Contains: Taurine (Cofactor)

SUPPLEMENT FACTS	
Per Scoop (10g)	
Total Carbohydrate	25g
Total Protein	10g
Total Amino Acids	10g
Total Electrolytes	10g
Total Osmolytes	10g
Total Beta-Alanine	10g
Total Betaine	10g
Total Taurine	10g
Total Creatine	10g
Total Citric Acid	10g
Total Natural Flavors	10g
Total Other Ingredients	10g

Net Carbs 25g **Net Amino 10g** **Net Osmo 10g** **2.5g BETA-ALANINE**

CHERRY LIME

© 2019 ASTROFLAV LLC
100% NATURAL FLAVORS
NET WT 2.20kg (5lb) (100g)
ASTROFLAV NUMBER

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