

Blackstone Labs Recomp RX: Body Recomposition Done Right

written by Mike Roberto | November 5, 2017



Ursolic acid is finally back from a major brand!

In an ideal world, natural lifters could easily burn fat and build muscle simultaneously... and carbs would always go where you wanted them too!

Unfortunately, real life is hardly ever ideal, especially when it comes to reshaping your physique. But the team at **Blackstone Labs** may have just developed the first all-natural recomping (*body recombination*) supplement that lets you trade fat for muscle!

From the creators of the dynamic Dust Extreme pre workout comes **Recomp RX**, the natural lifter's solution for endless cutting and bulking cycles! This one's powered by *ursolic acid*, an ingredient we haven't seen a whole lot of lately.

We've got a lot more info ahead on this novel recomposition agent below, but before we get there, take a moment to check our coupon-powered deals and sign up for PricePLOW alerts:

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Recomp RX Ingredients

Recomp RX is a muscle building, fat shredding supplement like never before. It uses two ingredients you may have seen before, but we've never seen combined like this.

The answer to your recomping prayers may have been delivered right here in Recomp RX.

- **Recomp RX Fat for Muscle Matrix (500mg)**

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 120

	Amount Per Serving	DV%
RECOMP Rx® Fat for Muscle Matrix	500mg	**
Rosmarinus Officinalis Extract(leaves) and Loquat extract (fruit)(providing Ursolic Acid, Oleanolic Acid)(Standardized to Ursolic Acid Per Serving: 125mg)		
Banaba Leaf Extract	60mg	**
(Lagerstroemia speciosa) (standardized to 2% corosolic acid)		

* Percent Daily Values (DV) are Based on a 2,000 calorie diet.
**Daily Value (DV) Not Established

Other Ingredients: Gelatin, LipoAbsorb Matrix, Phospholipids from NON-GMO Soy Lecithin: Phosphatidylcholine, Lysophosphatidylcholine, Phosphatidylethanolamine, Phosphatidylinositol and Phosphatidylserine in caprylic/capric triglycerides, Medium Chain Triglycerides, Glyceryl Stearate, Oleic Acid, Linoleic, and Linolenic Acids, Microcrystalline Cellulose, Carboxymethylstarch Sodium Salt, Labrasol, Poly ethylene Glycol, Colloidal Silica Anhydrous, Magnesium Stearate.

ALLERGEN WARNING: MANUFACTURED ON SHARED EQUIPMENT THAT ALSO PROCESSES EGGS, WHEAT, & SOY (LECITHIN).

Ursolic Acid is back! Recomp RX is a simple

formula, but one that looks to deliver the goods.

Ursolic acid is a component of the waxy covering found on numerous fruits (most notably apples) and herbs (*holy basil*) that's been shown to have a remarkable number of effects in the body including apoptosis, metastasis, angiogenesis.[1] Additional research has shown it also inhibits skeletal muscle atrophy via mRNA expression inhibition.[2] Ursolic acid reduces MuRF1 and Atrogin-1 activity in muscle cells. These genes are primarily associated for catabolism (muscle breakdown).

Additionally, animal models note that daily administration of ursolic acid promotes muscle hypertrophy and expression of insulin and insulin-like growth factor 1 (IGF-1) signaling.[2]. Ursolic acid also stimulates skeletal muscle Akt activity which stimulates muscle growth and may reduce fat gain, better known as **body recomposition**. [3]

More recent research also indicates that the potent compound may enhance muscular strength as well – but! [11] Note that this study used *450mg* of ursolic acid, and Recomp Rx comes very close to this – you get **375mg total ursolic acid per day** when following the instructions of using it 3x/day!

So while we can't claim you'll replicate the study cited above, you should be able to come very close, and that means the possibility of real-deal **strength gains**.

And finally, this potent compound also exerts some estrogen blocking activity too, which might lead to increased testosterone levels.[4] Using a combination of *Rosmarinus Officinalis* and *Loquat* extract, Recomp RX again provides *375mg* ursolic acid per day.

While this may seem like a wonder ingredient, the drawback to ursolic acid is that it has extremely poor bioavailability in the body, which Blackstone Labs has addressed with the inclusion **SMEDS delivery technology**. More info on SMEDS is below, but there's one other ingredient in Recomp RX we need to cover first!

- **Banaba Leaf Extract (60mg)**



Looking to build muscle and burn fat simultaneously while crushing the carbs? Recomp RX can help with that too thanks to Banaba Leaf.

Commonly seen in nutrient partitioners and glucose disposal agents (GDAs), banaba leaf is a plant highly regarded for its anti-diabetic benefits. Banaba leaves are rich in *corosolic acid*, which researchers believe is the primary component responsible for the plants glucose-controlling properties.[5]

Banaba is relatively new in the western market, but banaba leaves have long been used for treating diabetes in the Far East for centuries. It turns out there was a good reason for that once western researchers dug in: Numerous studies have shown that banana extracts not only improve glucose transportation in the body, but also enhances insulin sensitivity.[6,7,8]

This means you can greatly reduce blood sugar levels after consuming carbs – ie. you can use them for your training and less will get stored as fat! (Remember, blood sugar is toxic and your body will do whatever it can to get it out of the blood stream – either store it, excrete some of it, or *use* it. We prefer the latter – using it for gains!)

Blackstone has standardized their banaba extract to 2% *corosolic acid*, which means you're getting 1.2mg of pure glucose-shuttling goodness.

• SMEDDS Delivery Technology

A common complaint against ursolic acid is its poor bioavailability when supplemented. To counteract this, Blackstone Labs has incorporated SMEDS delivery technology. Short for *Self-Microemulsifying Delivery System*, SMEDS is a combination of several phospholipids derived from Non-GMO Soy Lecithin. It's been used to enhance the bioavailability and absorption of several compounds, including steroidal saponins and curcumin.[9,10]

Including SMEDS in Recomp RX provides a way to significantly improve ursolic acid bioavailability and make this product one that could actually deliver on its claims!

It's likely that this is very similar to what Hi-Tech Pharmaceuticals is doing with their Cyclosome Delivery technology, especially since Jared Wheat of Hi-Tech Pharma owns a portion of Blackstone Labs now. While Cyclosome uses both a liposome (the fatty acids mentioned above) *and* a Cyclodextrin sugar molecule, it seems that SMEDS is the liposome-only.

Dosing



Consume 1 capsule three times per day with a meal. Use Recomp RX for up to 6 weeks, followed by a 2 week break.

Ursolic Acid has returned!

Finally – Ursolic Acid is back on the market from a major player! We're not sure why this ingredient seems so rare, given the unique research behind it, but we're glad someone figured out how to get a good supply.

Ultimately, Blackstone Labs has delivered an incredibly intriguing muscle building supplement here. Added to any training program, Recomp RX should enhance your strength, power, and muscle gains all while reducing that unwanted fat.

It all comes down to whether SMEDS can deliver significantly improved absorption of ursolic acid, and if it does, then get ready for some good changes!

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