

Chaos & Pain Cannibal Ferox: The 2016 Formula

written by Mike Roberto | January 4, 2016



Now that the holiday season has come and gone it's time to get back to business.

To kick off the new year with some new gains, we've got some pre workout upgrades to get you amped up to kick some serious ass in the gym. **Chaos and Pain** has recently reformulated their high-powered pre workout **Cannibal Ferox**, and believe is, it's a doozy!

Cannibal Ferox 2016 Bullet Points

As crazy as ever – this is an *energy* and *focus* pre workout!

- 450mg caffeine!
- New stim alert: *Orchilean*
- 4g citrulline malate
- Noopept stays for focus
- Creatine and Betaine not clinically dosed

You can see just what you're getting yourself into below, but first make sure to check out the best deal and sign up for price drop alerts:

Chaos and Pain Cannibal Ferox – Deals and Price Drop Alerts

Get Price Alerts

Get Cannibal Ferox Price Alerts Get Chaos and Pain alerts Get Pre Workout Supplements price drops

Also get hot deal alerts

No spam, no scams.

Disclosure: PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

Note: Cannibal Ferox is frequently updated. Instead of making new posts for each update, we are going to simply edit this post to make it your one-stop shop.

In the price widget above, we link to various stores that will have different versions in stock. You may need to check with them to see what version they're really selling. All versions of Cannibal Ferox are equally hardcore, mind you.

Cannibal Ferox Ingredients

We'll warn you now, this is NOT for the stim-sensitive or faint of heart. This is a pre workout for those that need an IV drip of caffeine to even turn off their alarm clocks in the morning.

All that being said, if you're looking for a high energy pre workout to take care of your needs in one scoop, this is easily one of the go-to options. Without further adieu...

- **Caffeine Anhydrous (450mg)**

Supplement Facts

Serving Size: 1 Scoop (11.2g)

Servings Per Container: 25

	Amount Per Serving	% DV
Citrulline Malate	4000mg	**
Beta Alanine	3200mg	**
Creatine Monohydrate	2000mg	**
Betaine Anhydrous	1500mg	**
N-Acetyl L-Tyrosine	750mg	**
Caffeine Anhydrous	450mg	**
Acacia Rigidula	200mg	**
Orchilean™ (Cymbidium Goeringii Extract)	125mg	**
Synephrine HCL	75mg	**
Astralagus	25mg	**
Panax Notoginseng	25mg	**
Noocept™ (N-phenylacetyl-L-prolylglycine ethyl ester)	20mg	**
Bioperine	10mg	**
Yohimbine HCL	3mg	**

** Daily Value Not Established

The newest Cannibal Ferox is LOADED with 450mg of caffeine plus synephrine, yohimbine, acacia rigidula, and a new stim in OrchiLean!!!

Let's start with this, since you can now gauge what your dose is going to be.

Caffeine needs no real introduction and its benefits are well documented and known by virtually everyone. What does need to be addressed is the *amount* of caffeine that a single scoop contains ...**450mg!!!**

Yes, you read that right, a single scoop is 450mg of pure, powdery energy. While this might be a perfect amount for the stim-addicts out there, it's worth mentioning that caffeine's benefits start to diminish rather quickly when the amount exceeds 400mg.[20,21] On the flip side, some users claim to experience increased strength with higher doses of caffeine... if their cardiovascular systems can handle it.

Our take is that most users will want to start with half a scoop, which will obviously lower the doses of everything else.

- **Citrulline Malate (4g)**

Citrulline Malate is one of those dual-purpose ingredients that we love to see in pre workouts. No other single ingredient delivers a better combination of performance and pump enhancement quite like this one.

CitMal is more bioavailable, and more effective, in the body than L-Arginine when it comes to increasing the body's natural production of nitric oxide.[1] More N.O. mean greater vasodilation, blood flow, and ultimately PUMPS during your workout.

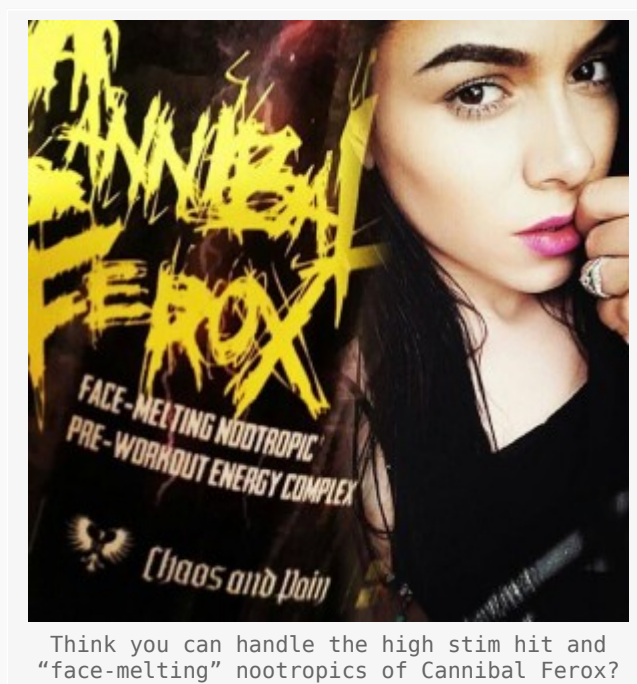
Additionally, Citrulline Malate also confers some great endurance boosting benefits thanks to its role as a potent lactic acid and ammonia buffer in the body. This means you'll see better endurance and ATP production during your workout so you can exercise longer and harder.[2,3,4,5]

Might need more if not full-scooping Cannibal Ferox

Regarding the dosing. At *full* dose, this leaves you with 2g of actual citrulline, which isn't the clinical dose but will provide some decent pumps for sure. The issue is, if you can't full-scoop Cannibal Ferox, you're going to be left with even less pumps.

So if you're a Chaos and Pain kind of weightlifter, you'll probably want to add in a bit of a top stimulant-free pre workout.

- **Beta Alanine (3.2g)**



The next ingredient is another potent lactic acid buffer in the body, the

tingle inducing amino amino acid beta alanine. Once ingested, it binds to histidine and forms carnosine.[8]

Increased carnosine levels help eliminate the burning sensation that often arises in muscles during high intensity workouts. One scoop of Cannibal Ferox gives you the clinical dose of 3.2g so you can reap all the benefits of this powerful ergogenic which includes increased strength, greater endurance, higher power output, and less fatigue.[6,7,9]

- **Creatine Monohydrate (2g)**

Simply put, creatine monohydrate is perhaps the most well-known single ingredient used in the world of sports nutrition. Study after study has proven it's the go-to option for increasing lean body mass, power, and strength.[10,11,12]

Now, most clinical trials indicate you need anywhere between 3-5g/day of creatine mono to truly reap the benefits of it. So why only include 2g?

It might have something to do with our next ingredient...

- **Betaine Anhydrous (1.5g)**

If you could give us only a handful of options to make a staple in our pre workouts, it would be betaine. This choline derivative has been proven in several clinical trials to improve endurance, power, and muscle protein synthesis.[13,14,15]

Cannibal Ferox includes a little over half of the clinically recommended dose of 2.5g of betaine. Getting back to our question above, why only include half doses of both creatine and betaine?

Well, there's some research suggesting the two work synergistically to improve the body's production of creatine, and limit muscle damage and reduce soreness as well.[16,17]

While we still recommend getting the full doses of both of these workhorses (they *are* cheap enough, after all), it's worth keeping an eye out on whether future studies can prove that partial doses of both can provide the same effects as a single full dose of one or the other.

You can read more about betaine in our post titled *Betaine: A Safe, Natural Muscle Builder*.

- **N-Acetyl L-Tyrosine (750mg)**



Get ready to enter BEAST MODE when you take a single scoop of the new Cannibal Ferox. 450mg of caffeine will have you bending the iron with your bare hands.

Hold onto your horses, everything from here down is all about focus and energy. Starting things off with a hefty dose of N-Acetyl L-Tyrosine (NALT). This is a much more bioavailable, and more expensive, form of L-Tyrosine.

Typically, L-Tyrosine is dosed in 500mg-1g amounts with NALT falling around 325-500mg at best with most other pre workouts. Here, you get a sizeable 750mg dose to really help boost focus and cognition in your workouts, in addition to lowering stress and anxiety levels.[18,19].

- **Acacia Rigidula (200mg)**

Here's an ingredient that can cause a stir when it's included in pre workouts. Acacia Rigidula is a plant that includes all sorts of feel good compounds like: dopamine, tyramine, hordenine, N-Methyltyramine, and PEA.[22]

We recently discussed the energy-producing capabilities of 250mg acacia rigidula extract in our ephedra fat burner post. It turns out that 250mg acacia extract burns more energy than 30mg of ephedrine,[36,37,38] but that will of course come down to how its extracted, which isn't disclosed here.

Now, we don't know exactly what components of Acacia Rigidula are actually included in this extract, but safe to say you'll feel something a little extra during your workouts with this added to it. It's fast and hard-hitting.

- **Orchilean (125mg)**

Orchilean, a.k.a. *Cymbidium Goeringii* Extract, was the new kid on the block in

the world of stimulants when this product was released – it was touted to be roughly 3x as powerful as previous stimulants. Anecdotal accounts say Orchilean doesn't come with the harsh "jolt" or subsequent crash like so many other stims on the market.

Studies on this new ingredient show it can increase stamina, endurance, and N.O. production in addition to significantly boosting energy levels.[35]

We were never able to dig up more research on this one, since everyone's been asking, and couldn't ever find any stimulatory constituents inside. This is what's replacing the quickly-banned AMP in former versions of Cannibal Ferox.

- **Synephrine HCl (75mg)**



Goofy sox and all, Cannibal Ferox fits everyone's needs, no matter how goofy the outfit looks.

Synephrine is a component of *Citrus Aurantium*, a.k.a. Bitter Orange. It's replaced ephedrine, as an effective, and safe, alternative to increase energy levels. Synephrine acts as a potent beta receptor agonist in the body,[23,24] that induces lipolysis.[25] This allows the body to "burn fat for fuel" and essentially chisel away the goo while you're hard at work in the weight room.

- **Astragalus (25mg)**

Astragalus is an herb widely used in Ancient Chinese medicine to strengthen the body's immune system. Current studies on the herb show that when combined with exercise, it boosts endurance and reduces markers of muscular damage like blood lactate and ammonia.[26,27]

- **Panax Notoginseng (25mg)**

Ginseng is another plant traditionally used in Ancient Chinese medicine for the prevention and treatment of various diseases. Studies on ginseng show it lifts mood, increases reaction time, and reduces fatigue.[28] Additional research surrounding ginseng show it can help reduce appetite and control blood sugar levels.[29,30]

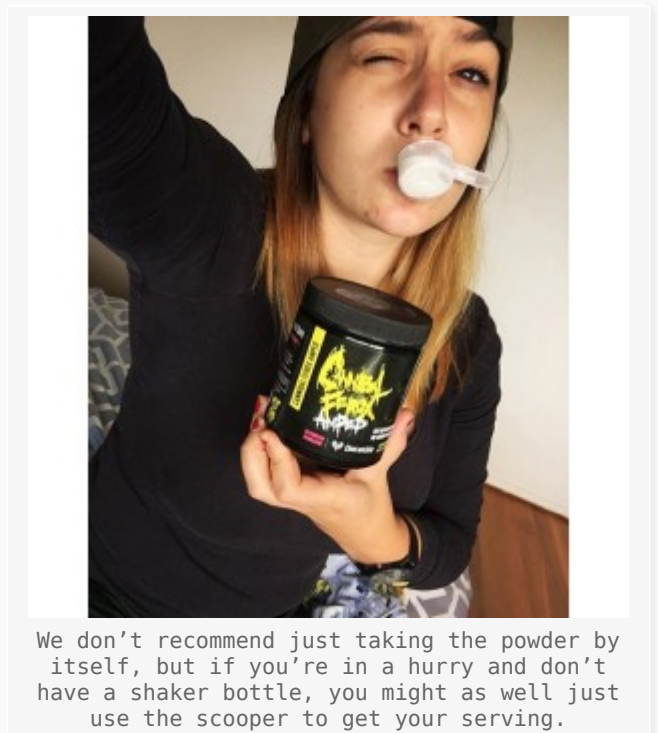
- **Noopept (20mg)**

Noopept is another another potent nootropic compound included in Cannibal Ferox that will help with memory improvement and prevent cognitive decline and memory improvement.[31] Animal studies have shown it to have anti-anxiety benefits, but this has yet to be demonstrated in human trials.

In conjunction with NALT, this will definitely have you “feeling” in the zone during your workouts, and for some time after.

We have quite a monstrous post titled *Noopept: Enhancing the Smart Within* that discusses the gory (and awesome) details of this focus-booster.

- **BioPerine (10mg)**



To absorb all of the energy boosting and workout enhancing compounds in Ferox, you'll need a little help. BioPerine is the well-known trademarked black pepper extract used across the industry to improve the absorption and bioavailability of all the other ingredients included in pre workouts.

• Yohimbine HCL (3mg)

Our last ingredient is also a stimulant, which shouldn't be a surprise to you if you've been reading the label of Cannibal Ferox so far. Yohimbine is an alkaloid naturally found in the *Pausinystalia yohimbe* tree and the *Rauwolfia Serpentina* plant.

Yohimbine helps enhance focus and cognition, in addition to giving a solid energy boost.[32,33,34]

Note that this is 2x the dose that we normally see in "milder" products. 1.5mg can be tolerated by most everyone, but 3mg dose, if you can handle all the caffeine that goes along with it, might feel aggressive to some. Still others can handle much more, but just in case, be ready and start at half a scoop or so!

Flavors Available

True to form, Chaos and Pain has quite a litany of unique names for the various flavors you can try for Cannibal Ferox, including:

- Lawless Lemon Lime
- Watermelon Warmachine
- Mango Mutilation
- Strawbloody Kiwi Crush
- Blackberry Brutality
- Jungle Warfare

Takeaway

As we alluded to up to, Cannibal Ferox is for the stim-fiends out there who love their caffeine and want to feel blitzed out of their mind going into their workout. Cannibal Ferox does away with the notion of needing 2-3 scoops of a pre workout just to get going. 1 scoop of the new Cannibal Ferox gives you all the energy you need and then some.

For the rest that don't need 450mg of caffeine, you'll want start with $\frac{1}{3}$ – $\frac{1}{2}$ scoop of this product and go from there. All in all, the formula is solid, assuming you can handle a full scoop, otherwise there are other options out there that contain higher doses of known ergogenics with half the caffeine.

This is definitely a high-energy, high-focus pre workout, but it's not a kitchen-sink. Even at full dose, you'll want some spare creatine and betaine powder at other points in the day, which is fine. And at half dose, you might

just need to add more pumps if you're gettin' after it.

Chaos and Pain Cannibal Ferox – Deals and Price Drop Alerts

Get Price Alerts

Get Cannibal Ferox Price Alerts Get Chaos and Pain alerts Get Pre Workout Supplements price drops

Also get hot deal alerts

No spam, no scams.

Disclosure: PricePlow relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

In the above price widget, be sure to check each store for the version they're carrying!

References

1. Curis E., et. al; "Citrulline and the gut;"; *Current Opinion in Clinical Nutrition and Metabolic Care*; September 2007
2. Giannesini B., et. al.; *European Journal of Pharmacology*; "Citrulline malate supplementation increases muscle efficiency in rat skeletal muscle;" September 2011
3. Perez-Guisado J, Jakeman PM; *Journal of Strength and Conditioning*; "Citrulline malate enhances athletic anaerobic performance and relieves muscle soreness;" May 2010
4. Hickner RC. et. al.; *Medicine and Science in Sports and Exercise*; "L-citrulline reduces time to exhaustion and insulin response to a graded exercise test;"
5. Moinard C., et. al.; *The British Journal of Nutrition*; "Dose-ranging effects of citrulline administration on plasma amino acids and hormonal patterns in healthy subjects: the Citrudose pharmacokinetic study;" April 2008
6. Baguet, A et al.; *Journal of Applied Physiology*; "Important role of muscle carnosine in rowing performance;" July 2010;" 2005
7. Roger C. Harris; et al.; "The effect of a supplement containing β -alanine on muscle carnosine synthesis, ventilatory threshold and exercise capacity in Korean cyclists, during 12 weeks combined endurance and weight training"
8. Hill, CA et al.; *Amino Acids*; "Influence of beta-alanine supplementation on skeletal muscle carnosine concentrations and high intensity cycling capacity ;" February 2007
9. Kendrick IP, et al. *The effects of 10 weeks of resistance training combined with beta-alanine supplementation on whole body strength, force production, muscular endurance and body composition. Amino Acids. (2008)*
10. Netreba, A; [Creatine as a metabolic controller of skeletal muscles structure and function in strength exercises in humans].; *Ross Fiziol*; 2006
11. Bemben, M; *The effects of supplementation with creatine and protein on muscle strength following a traditional resistance training program in middle-aged and older men.;* Neuromuscular Lab, Dept. Health & Exercise Science, U. Oklahoma; 2010
12. Chilibeck, P; *Effect of creatine ingestion after exercise on muscle thickness in males and females.;* College of Kinesiology, University of Saskatchewan; 2004
13. Lee EC, et al. *Ergogenic effects of betaine supplementation on strength and power performance. J Int Soc Sports Nutr. (2010)*
14. *Effect of betaine supplementation on power performance and fatigue*

15. del Favero S, et al Creatine but not betaine supplementation increases muscle phosphorylcreatine content and strength performance . *Amino Acids*. (2012)
16. holewa, J; Effects of betaine on body composition, performance, and homocysteine thiolactone.; Department of Kinesiology, Recreation, and Sport Studies, Coastal Carolina University; 2013
17. Betaine supplementation enhances anabolic endocrine and Akt signaling in response to acute bouts of exercise.
18. Deijen JB, Orlebeke JF; Effect of tyrosine on cognitive function and blood pressure under stress . *Brain Res Bull*. (1994)
19. Dollins AB, et al; L-tyrosine ameliorates some effects of lower body negative pressure stress . *Physiol Behav*. (1995)
20. Pasma, W; The effect of different dosages of caffeine on endurance performance time.; Department of Human Biology, University of Limburg; 1995
21. Desbrow, B; The effects of different doses of caffeine on endurance cycling time trial performance.; School of Public Health, Research Centre for Clinical and Community Practice Innovation, Griffith Health Institute, Griffith University; 2012
22. <https://www.sciencedirect.com/science/article/pii/S0031942297010224>
23. <https://pubmed.ncbi.nlm.nih.gov/21537493>
24. <https://pubmed.ncbi.nlm.nih.gov/16436104>
25. <https://pubmed.ncbi.nlm.nih.gov/21537493>
26. <https://pubmed.ncbi.nlm.nih.gov/19800959>
27. <https://pubmed.ncbi.nlm.nih.gov/24595275>
28. Reay JL, Scholey AB, Kennedy DO; Panax ginseng (G115) improves aspects of working memory performance and subjective ratings of calmness in healthy young adults . *Hum Psychopharmacol*. (2010)
29. Attele AS, et al; Antidiabetic effects of Panax ginseng berry extract and the identification of an effective component . *Diabetes*. (2002)
30. Reay JL, Kennedy DO, Scholey AB; Single doses of Panax ginseng (G115) reduce blood glucose levels and improve cognitive performance during sustained mental activity . *J Psychopharmacol*. (2005)
31. Neznamov GG, Teleshova ES; Comparative studies of Noopept and piracetam in the treatment of patients with mild cognitive disorders in organic brain diseases of vascular and traumatic origin; *Neurosci Behav Physiol*. (2009)
32. Mizuki Y, et al. Differential effects of noradrenergic drugs on anxiety and arousal in healthy volunteers with high and low anxiety. *Prog Neuropsychopharmacol Biol Psychiatry*. (1996)
33. Szemerédi, K; Simultaneous measurement of plasma and brain extracellular fluid concentrations of catechols after yohimbine administration in rats.; Hypertensive-Endocrine Branch, National Heart, Lung, and Blood Institute; 1991
34. Cameron, O; Effects of yohimbine on cerebral blood flow, symptoms, and physiological functions in humans.; Department of Psychiatry, University of Michigan Medical Center; 2000
35. <https://www.thieme-connect.com/DOI/DOI?10.1055/s-2006-947201>
36. Jacobs, Patrick; "The Acute Metabolic, Hemodynamic, and Psychological Effects of Fastin-XR, A Commercial Product; 2012; Retrieved from https://www.hitechpharma.com/products/fastin_report.pdf
37. Hi-Tech Pharmaceuticals; "Hi-Tech Pharmaceuticals Announces Thermo-Rx brand Acacia Rigidula Extract Clinical Study Results"; PRNewsWire; April 2, 2015; Retrieved from <https://www.prnewswire.com/news-releases/hi-tech-pharmaceuticals-announces-thermo-rx-brand-acacia-rigidula-extract-clinical-study-results-300060532.html>
38. Jacobs, Patrick; "The Acute Physiological Effects of Acacia Rigidula"; Presentation at the 2012 Arnold Sports Festival; March 2012; Retrieved from [https://origin-qps.onstreammedia.com/origin/multivu_archive/ENR/TheAcutePhysiologicalEffectsofAcaciaRigidula.pdf\(backed up at <https://www.webcitation.org/6e8bE22ix>\)](https://origin-qps.onstreammedia.com/origin/multivu_archive/ENR/TheAcutePhysiologicalEffectsofAcaciaRigidula.pdf(backed%20up%20at%20https://www.webcitation.org/6e8bE22ix))