

# CEL Epi-Plex: High Quality, Affordable (-)-Epicatechin

written by Mike Roberto | May 22, 2017



CEL has long been synonymous with straightforward, no-nonsense supplements that delivery on quality and effectiveness, but also fantastic prices. We've covered the brand extensively over the years, and most recently discussed their potent all natural testosterone booster M-Test.

Today, we're looking at one of CEL's all natural muscle building supplements, **Epi-Plex**, which is about as pure as it gets when you're looking for premium quality (-)-epicatechin.

If you're looking for epicatechin, this is some of the **best bang for your buck** you're going to find!

And if you've never tried epicatechin before, but have been dying to, this is one of the purest, highest-dosed, and no-nonsense products to start off with. We've got more info on Epi-Plex and its key ingredient below, but before we get there, take a moment to check the best deal and sign up for alerts from PricePLOW:

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## Epi-Plex Ingredients

Epi-Plex is all about the “epi” as each capsule packs a whopping 300mg dose, along with a sizeable helping of piperine to enhance epicatechin’s bioavailability.

*Note: Doses listed below are based on 1 full serving (i.e. 1 capsule).*

- **(-)-Epicatechin (300mg)**

Supplement Facts		
Serving Size: 1 Capsule		
Servings Per Container: 60		
	Amount Per Serving	% DV
(-)-Epicatechin	300mg	**
Piperine (95%)	20mg	**

\*% Daily Value based on a 2,000 calorie diet.  
\*\* Percent Daily Value Not Established

Each capsule delivers 300mg epicatechin for improved lean gains, glucose control and athletic performance.

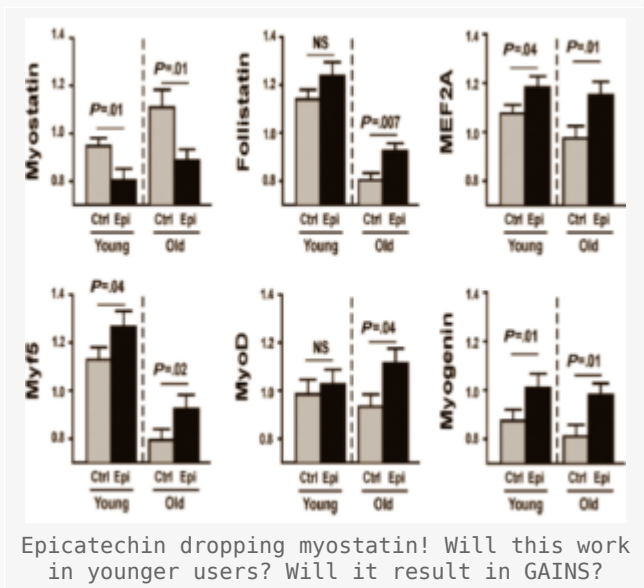
(-)-epicatechin is a flavonol found in cacao, especially dark chocolate, that has become increasingly popular for its muscle building and performance enhancing potential. Some of the most notable benefits associated with epicatechin include:

- Increased strength and muscle growth[1,2]
- Improved glucose tolerance[3]
- Greater endurance[4]

- Reduced fatigue[4]
- Enhanced nitric oxide production[5]

Furthermore, (-)-epicatechin is highly regarded as one of the most effective **Myostatin inhibiting compounds** on the market[2], and we've got an incredibly generous dose of it here in Epi-Plex!

## More on Myostatin



Myostatin is a myokine, a regulating molecule released by skeletal muscles that inhibits muscle growth. Myostatin's arch nemesis is another myokine named follistatin, which indirectly promotes muscle growth by inhibiting myostatin signalling.[2]

The problem is as we age, myostatin levels tend to rise, while follistatin levels begin to decline, which is one of the reasons it's difficult to build muscle in our later years. (-)-epicatechin though can potentially enhance muscle gains by increasing Follistatin and decreasing Myostatin.

Moreover, a recent study from 2015 had test subjects consume between 50-200mg epicatechin per day. After only five days of use, average follistatin levels of the group were roughly **2.5x greater than day one** in those consuming epicatechin![7]

We've got even more info on this powerful all natural muscle building ingredient, check out our mega post Epicatechin – The Dark Force Behind Dark Chocolate.

- **Piperine 95% (20mg)**

Piperine is the pungent alkaloid that's responsible for black pepper's

“bite. It’s included to improve the bioavailability and absorption of epicatechin, which will further serve to improve lean gains and performance.

## Dosing



There’s a reason why dark chocolate and its flavonols are continually hailed as super foods: **(-)-epicatechin**

CEL recommends consuming 1 capsule twice daily with meals. Do not exceed 3 capsules in a 24 hour period.

## Takeaway

(-)-epicatechin is a one of a kind all natural muscle-building ingredient that also brings the promise of enhanced glucose control, doubling down on its ability to help you stay lean at build lean mass. CEL Epi-Plex is a perfect way to try epicatechin on its own and trust that what you’re paying for is of the best quality.

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