

Cellucor C4 on the Go – C4 Ready to Drink (Plastic) Bottles!

written by Mike Roberto | September 23, 2015



Cellucor's popular pre workout is getting the RTD treatment with C4 On the Go!

Cellucor's all new portable pre workout drink, **C4 On The Go** has been in the works for months now. Finally, the long wait is over and we have our hands on the label! We originally expected this ready-to-drink version to have pretty much the same label – but we were mistaken. We expected this to quite similar to the other iterations of new C4 pre workout in their 4th Generation (G4) lineup, but we were wrong.

Before we get to the breakdown of the paired down ingredients in this portable C4, make sure to sign up for price drop alerts below:

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C4 On The Go Ingredients

Supplement Facts		
Serving Size: 1 bottle (10 fl. oz.)		
Servings Per Container: 1		
	Amount Per Serving	% DV
Calories	8	
Total Carbohydrate	2g	<1%**
Sugars	0g	†
Niacin (as Niacinamide)	65mg	325%
Vitamin B6 (as Pyridoxal-5-Phosphate)	650mcg	33%
Folic Acid	325mcg	81%
Vitamin B12 (as Methylcobalamin)	45.5mcg	758%
Explosive Energy Blend	3876mg	†
Beta Alanine, Arginine Nitrate (NO3-T™), Caffeine Anhydrous (200mg), N-Acetyl-L-Tyrosine		
**Percent Daily Values (% DV) are based on a 2,000 calorie diet. † Daily Value not established.		
Other Ingredients: Water, Natural & Artificial Flavors, Citric Acid, Malic Acid, Sucralose, Acesulfame Potassium, FD&C Red #40, FD&C Blue #1		
*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.		

C4 On the Go pack all the same ingredients you've come to love in the original version, now much easier to take with you to the gym!

The new C4 RTD has a much slimmer “Explosive Energy Blend” than it’s powdered C4 brethren. Gone are ingredients like *TeaCor*, which is a form of theacrine, Creatine Nitrate, and Velvet Bean.

This is a shame because we have really come to like the combination of theacrine and caffeine. If you haven’t heard of theacrine yet, it’s a plant extract that functions similarly to caffeine but without creating a tolerance to it. It also synergizes with caffeine for improved energy and mood (click the link above for more information).

Other changes include, rolling beta alanine into the “Explosive Energy Blend” along with Arginine Nitrate (which replaces Creatine Nitrate in the G4 C4). Whereas we new the exact dose of beta alanine in the new C4, the RTD version doesn’t disclose this amount. N-Acetyl L-Tyrosine still hangs around to help improve focus, but it’s the very last ingredient in the prop blend, which makes us think there’s less of it in this RTD edition than in the G4 version.

For comparison, the new formula of the “base” C4 powder is already out, so you can see he exact differences there.

Explosive Energy Blend (3,876mg)

- **Beta Alanine**

Everyone's favorite tingle-inducing, endurance boosting amino acid. Beta alanine helps increase carnosine concentrations in your muscle,[1] which exert a buffering effect against the accumulation of lactic acid. This helps to offset the "burn" you've no doubt experienced when doing compound sets or high volume training.

Beta alanine has been proven over and over again to increase power, strength, and endurance.[2,3] We'd just like to know how much is in it. To be on the safe side, you'll probably want to add some bulk BA later in the day to get the full clinical dose of 3.2g.

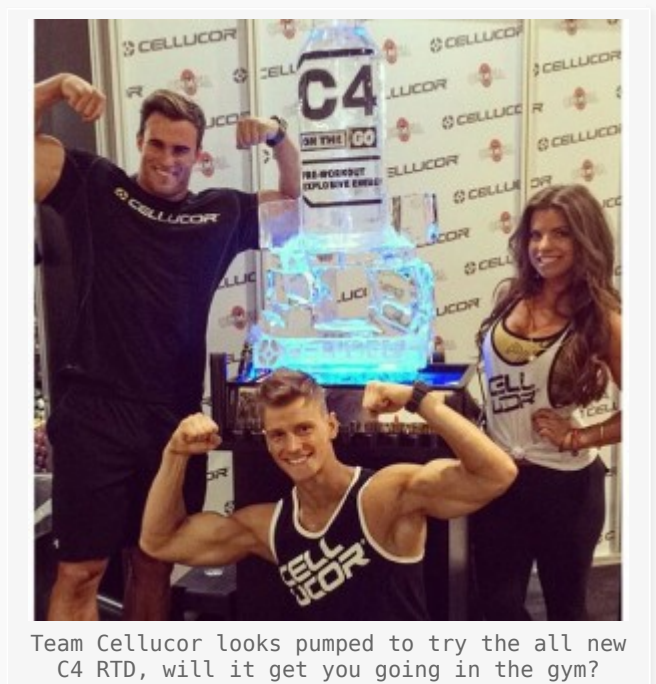
- **Arginine Nitrate (NO3-T)**

Arginine nitrate delivers the ergogenic benefits we've come to know and love with nitrates (they're potent and long-lasting), but with a unique twist: There's NO tolerance build up like you experience with other forms of nitrates.

This is attributed to arginine's ability to significantly reduce nitrate tolerance.[4]

Arginine Nitrate is easily one of the best pump ingredients on the market, but you won't find it in just any old pre workout. Due to licensing issues, Cellucor is one of the companies lucky enough to be able to sell it.

- **Caffeine Anhydrous (200mg)**



Caffeine doesn't need much of an introduction or explanation. It's great for perking you up, getting your focused, and enhancing your athletic performance. It's one of the few tried and true ingredients we all love and want in a pre workout.

We will address the dosage which is a reasonable 200mg. This provides a solid dose for most users to get their engine going and get in the gym. Sorry stim-junkies, we realize 200mg is probably what you take just to wake up in the morning, but this is for the masses. If you want more caffeine, you'd do better to check out C4 50x.

- **N-Acetyl L-Tyrosine**

C4's main focus booster is N-Acetyl L-Tyrosine (NALT). This is the more bio-available, and expensive, form of the amino acid L-Tyrosine.

NALT is particularly effective for improving cognition and focus.[5,6] Furthermore, it's great for helping you mellow out and reducing anxiety by increasing the production of dopamine and noradrenaline.

We're just not sure how much is in, hopefully it's enough to feel some of the focus-enhancing effects.

Flavors Available

So far, from the pictures we've seen of C4 On the Go, it'll come in at least two flavors: **Blue Razz** and **Fruit Punch**.

Hopefully one or more flavors will hit the market as the product rolls out to the masses.

Takeaway

C4 On the Go is a perfect option for those who need a pre workout fix on their way to the gym, but don't want to deal with the hassle of powders and shaker bottles, let alone trying to find a clean water fountain. The profile is more streamlined compared to the numerous powder option of C4, which isn't necessarily a good thing in our minds.

It's not clear yet when the RTD formulation drops but the general expectation is soon, when the product line becomes available to other retailers. We're weren't expecting any big label changes with this one, but it shows that you may not always know what curveballs life will throw you.

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