

Cellucor P6 Chrome: New Testosterone Booster

written by Mike Roberto | August 31, 2015



Cellucor has had quite a busy year with the debut of the **G4 series** line of products. Today, we've got the latest addition to the ever-expanding line of high performance supplements with their popular testosterone booster, **P6 Chrome.**'

This bring us to **five different P6 versions** that are either out there or coming soon:

- **P6** (the new P6 Red, currently at GNC)
- **P6 Black** (labeled as P6 Extreme Black)
- **P6 Chrome** (this one)

- **P6 PM** (nighttime recovery version, not much in the way of *testosterone* though)
- **P6 Xtreme** (label looks like P6X, another new one coming soon)

Interesting.

We'll get to the new ingredient breakdown and what separates this from the recent **P6** at GNC, but first take a second to check the best deals and sign up for PricePlow alerts:

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P6 Chrome Ingredients

Now, fans may wonder what separates this from the new P6 Red formula, or is this just more of the same. In fact, Chrome borrows only 3 of the same ingredients from Red, and adds 2 different herbs for a much smaller profile than its counterpart.

P6 Chrome does tout many of the same benefits as P6 Red does including:

- **Testosterone Support**
- **Lean Muscle**
- **Support Sexual Function**
- **Estrogen Regulation**

As with most test boosters on the market, P6 Chrome uses a prop blend of ingredients, so we're not exactly sure how much of each of the following ingredients we're getting. But enough chatter, let's see what P6 Chrome is packing to help us fuel our anabolic desires:

- **Adaptest Ashwagandha Root Extract**

SUPPLEMENT FACTS		
Serving Size: 2 Capsules Servings Per Container: 30		
	Amount Per Serving	% DV
P6 Chrome™ Blend	1445mg	†
Adaptest™ Ashwagandha (<i>Withania somnifera</i>) root extract, <i>Tribulus alatus</i> fruit extract, Fenugreek (<i>Trigonella foenum-graecum</i>) seed extract, <i>Agaricus bisporus</i> fruit extract, 3,3'-Diindolylmethane		
† Daily Value not established.		
Other Ingredients: Capsule Shell (Gelatin and Titanium Dioxide), Rice Flour, Stearic Acid, Magnesium Stearate, Silicon Dioxide.		
Contains: Milk.		
Adaptest™ is Nutrabolt's trademarked name for Ixoreal Biomed, Inc.'s proprietary extract KSM-66 Ashwagandha®.		

P6 Chrome borrows a few ingredients from P6 Red, but maintains a slimmer profile to boost your testosterone and increase your gains!

Adaptest is Cellucor's trademarked version of KSM-66 Ashwagandha extract. KSM-66 is a premium quality Ashwagandha extract produced by Ixoreal that was in development for over 14 years.

Ashwagandha is an adaptogenic herb that helps mitigate feelings of anxiety and stress. More importantly to P6's purpose (improve testosterone and muscle building), it's been shown to boost semen quality by increasing serum levels of Luteinizing Hormone (LH) Testosterone, while decreasing levels of Follicle Stimulating Hormone (FSH).[1]

Aside from regulating important anabolic hormones, ashwagandha aids in lowering cortisol levels in the body.[2] As you're most likely aware, cortisol is catabolic and having chronically elevated levels can blunt testosterone production and inhibit anabolism. For us to maximize our time spent in the gym and keep the GAINS, it's vital to keep cortisol in check!

- ***Tribulus Alatus* Fruit Extract**

Most of you are probably familiar with the more common *Tribulus* variety,

Tribulus terrestris. However, if you're at all familiar with P6 Red, you've seen *Tribulus Alatus* before.

Alatus is a relative of *terrestris* and grows in the Sahara and Middle East. But as opposed to *terrestris*, *alatus* extract does in fact have some research demonstrating can an increase in free testosterone.[3,4] Another added benefit to *Tribulus Alatus* is the mild aphrodisiac effect it exerts..

Now, we did know that there were 250mg of *Tribulus Alatus* in each serving of P6 Red, but the amount is not disclosed for P6 Chrome. Seeing as the ingredient is squarely in the middle of the 1,445mg blend, it's probably safe to say you are getting close to this same amount if not more, but we're not entirely sure.

- **Fenugreek Seed Extract**



These goofy-looking fenugreek seeds provide a huge plethora of benefits, including a moderate increase in testosterone levels

Research seems to be mixed on the effectiveness as Fenugreek as a potent testosterone boosting product, but that doesn't mean it's without merit. The one study that did show Fenugreek to improve T-levels also showed a decrease in body fat among the test group.[5]

Fenugreek MOA appears to be as an alpha-5 reductase inhibitor, that reduces the conversion testosterone to dihydrotestosterone levels (DHT). The caveat though is that the dosage used in the study was 500mg.[5] Since we have a prop blend, we're not sure how much we're getting though...

The takeaway is the Fenugreek may mildly boost testosterone simply by not losing any to DHT. One thing we'd like to know is what standard are they extracting for? Recently we've seen 50% extract used in MAN Sports' Delta XT, but we're not sure what Cellucor is using in P6, Chrome or Red.

- ***Agaricus bisporus* fruit Extract**

While the botanical name may sound complicated, this is nothing more than the common white button mushroom. This extract has incredible potential when it comes to regulating and reducing estrogen production.[5]

- **3,3'-Diindolylmethane (DIM)**

Our final ingredient is commonly found in broccoli, as well as being the primary bioactive component of indole-3-carbinol, I3C. It's a more "refined" ingredient that gets to the heart of I3C's action.

It's commonly used as an aromatase inhibitor (AI) and estrogen blocker. DIM works in a few different way, but the end result lower estrogen levels. In case you're curious as to the different methods of action, they include stimulating Phase I enzymes activating AhR which yields:

- More "good estrogen"[7]
- Less "bad estrogen"[8]
- Increased 2-hydroxyestrone (good estrogen).[9]

DIM works synergistically with all the other components of P6 Chrome to support healthy T-levels while fighting off the detrimental forms of estrogen that are robbing you of your true anabolic potential.

So Many Choices...

As it stands, there are six (YES SIX!) different versions of P6 currently either available or coming soon on PricePlow:

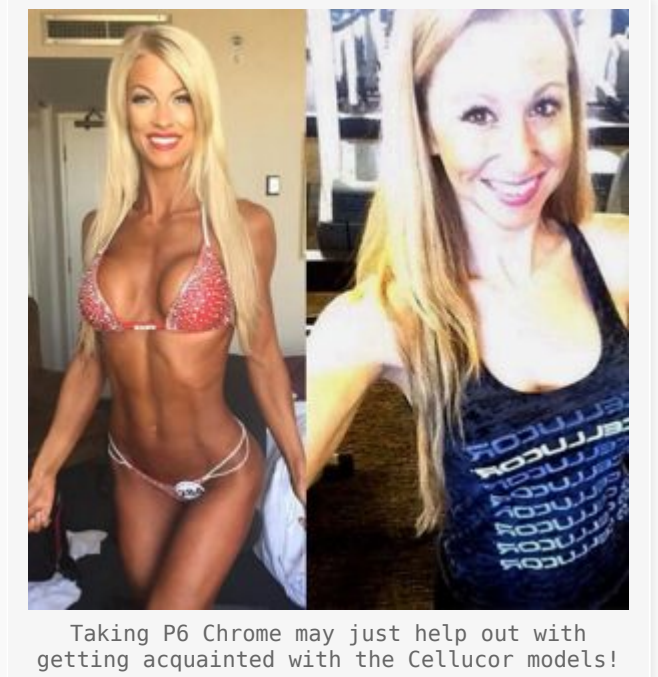
- **P6 Extreme** (the former P6 Red)
- **P6** (the new P6 Red, currently at GNC)
- **P6 Black** (labeled as P6 Extreme Black)
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Why should we choose the G4 **Chrome** edition over any of the others? Because there's more estrogen control? Honestly, at this point it's almost too hard to break down. But we do like the LJ100 that's been added to P6 Xtreme, so we'll need to analyze that one soon too.

It would be great if Cellucor provided a small guide to provide users with the

best option based on what they're looking for!

Dosing



Take one serving (2 capsules) each day without food. Do NOT exceed more than one serving per day.

Takeaway

P6 Chrome certainly looks to continue Cellucor's trend to continually raise the bar with their products and constantly improve them. The ingredient included herein have some solid research behind them and should at the very least provide a little boost for you in the bedroom.

We'd like to know though, what standard they're extracting for as well as dosage amounts, but hey, no one's perfect. Make sure to check the best deal on where to get the all new P6 Chrome as well as signing up for PricePLOW alerts!

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