

Cellucor P6 New Formula – New Ingredients Analyzed

written by Mike Roberto | December 13, 2014

The evolution of Cellucor's P6 testosterone booster continues with... **Cellucor P6**. This is kind of like a band releasing a self-titled album in the middle of their career somewhere, but we think this one might turn out a little better for Cellucor than it did for, say, Metallica.

That belief rests mostly on the addition of **Ashwagandha** (*Withania Somnifera*), which is the major new active ingredient change from previous iteration P6 Extreme.

Cellucor adds to the general naming confusion a bit by also having P6 Black, which is D-Aspartic Acid based. The majority of the new formula is taken from P6 Extreme, though, and it's likely (but not confirmed) that P6 Extreme will be the product that gets phased out.

First, let's compare the labels side by side:

Cellucor P6 Test Booster Family Comparison

Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 60

| | Amount Per Serving | % DV |
|---|--------------------|------|
| P6 Extreme Blend | 947mg | † |
| Ovine Placenta Powder, Black Cohosh (root) extract, Beta-Sitosterol, Wild Yam (root) extract (Standardized for Diosgenin), <i>Agaricus bisporus</i> (fruit) extract, Stinging Nettle (root) extract, Bayberry (bark) extract (Standardized for Myricetin), <i>Salvia sclarea</i> (whole plant) extract (standardized for Sclareolide) | | |
| <i>Tribulus alatus</i> extract (aerial parts and berries) | 250mg | † |

† Daily Value (% DV) not established.

Other Ingredients: Magnesium Stearate, Silicon Dioxide, Capsule Shell (Gelatin, FD&C Blue #1, FD&C Red# 40, and Titanium Dioxide)

CONTAINS: SOY. This product was produced in a facility that may also process ingredients containing milk, egg, soybeans, shellfish, fish, tree nuts and peanuts.

SUPPLEMENT FACTS

Serving Size: 2 Capsules

Servings Per Container: 60

| | Amount Per Serving | % DV** |
|--|--------------------|--------|
|--|--------------------|--------|

| | | |
|-------------------|--------|---|
| P6 Extreme™ Blend | 1114mg | † |
|-------------------|--------|---|

Adaptest™ Ashwagandha (*Withania somnifera*) root extract, Ovine Placenta powder, *Agaricus bisporus* fruit extract, Saw Palmetto fruit extract, Wild Yam root extract (standardized for Diosgenin), Stinging Nettle root extract, *Myrica rubra* bark extract (standardized for Myricetin), Clary Sage whole plant extract (standardized for Sclareolide)

| | | |
|--------------------------------------|-------|---|
| <i>Tribulus alatus</i> fruit extract | 250mg | † |
|--------------------------------------|-------|---|

**Percent Daily Values (% DV) are based

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† Daily Value not established.

Other Ingredients: Capsule Shell (Gelatin, Titanium Dioxide, FD&C Blue #1, FD&C Red #40), Magnesium Stearate, Silica.

Contains: Milk.

And then the P6 Black label:

| Supplement Facts | | |
|--|---------------------------|--------------|
| Serving Size: 3 Capsules | | |
| Servings Per Container: 7 | | |
| | Amount Per Serving | %DV** |
| Vitamin D (as Cholecalciferol) | 1666 IU | 416% |
| Vitamin B6 (as Pyridoxal 5-Phosphate) | 2mg | 100% |
| Magnesium (as D-Aspartic Acid Magnesium Chelate) | 135mg | 33% |
| Zinc (as Zinc Monomethionine) | 30mg | 200% |
| Copper (as Copper Bis(Glycinate) Chelate) | 2mg | 100% |
| Nootropic Testosterone Matrix | 2105mg | † |
| <i>D-Aspartic Acid Magnesium Chelate, D-Serine, Alpha GPC (L-alpha-glycerolphosphorylcholine), 3,3'-Diindolylmethane, Androstenolone</i> | | |
| Vitamin & Mineral Support Blend | 191mg | † |
| <i>Zinc Monomethionine, Copper Bis(Glycinate) Chelate, Cholecalciferol, Pyridoxal 5-Phosphate</i> | | |
| Androgen Support Matrix | 167mg | † |
| <i>Mucuna pruriens Seed Extract (standardized for L-Dihydroxyphenylalanine), Andrographis paniculata Aerial Parts Extract (standardized for Andrographolides content)</i> | | |
| **Percent Daily Values are based on a 2,000 calorie diet. | | |
| †Daily Value not established. | | |
| Other Ingredients: Gelatin, Vegetable Cellulose, Silicon Dioxide, Magnesium Stearate, Titanium Dioxide, FD&C Red #40, FD&C Blue #1, FD&C Yellow #6. Contains: Soy. D-Aspartic Acid Magnesium Chelate is a patent of ThermoLife International, LLC and is protected by U.S. Patent # 8202908. | | |

Cellucor P6 Black Ingredients

We're not sure what will come of P6 Black... but let's analyze what's going on in this new formula:

The P6 New Formula Ingredients

Here's the complete listing of new and changed ingredients in the new P6 Extreme blend:

- Adaptest **Ashwagandha** (Withania Somnifera) Root Extract
- **Ovine Placenta Powder**
- **Agaricus bisporus** fruit extract
- **Saw Palmetto** fruit extract

- **Wild yam** root extract
- **Stinging nettle** root extract
- **Myrica rubra** bark extract (standardized for *Myricetin*)
- **Clary Sage** whole plant extract (standardized for *Sclareolide*)
- **Tribulus alatus** fruit extract

Of these, we only know that there's 250mg of the Tribulus alatus extract. Everything else is rolled into the 1114mg P6 Extreme Blend (which is bigger than what was in P6 Extreme).

The synthetic vitamin content seems to have entirely been removed and the testosterone and androgen support ingredient lineup has been a bit shuffled about.

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Let's talk about the key change:

- **Ashwagandha**



Withania Somnifera Root isn't new to supplements, but it's more commonly seen in mood enhancers and then fat burners. It's an adaptogenic known to regulate all types of stress and provide a nice mood boost.

So what's the test connection? The inclusion is probably based on three studies that indicated it raises testosterone levels as well as boosting luteinizing hormone and improving sperm quality.[1,2,3]

There's a couple of catches with those studies, though – they were all conducted on *infertile* men, and they all used a daily dose of 5g, which P6 can't possibly be close to matching. We've seen 500mg per serving in other supplements and that's likely the upper limit of what P6 has.

That said, the absence of evidence is not the evidence of absence (or something like that) – while we know for sure that you'd need much larger doses to replicate the striking effects from the studies, that doesn't mean a lower dose doesn't also have a beneficial effect. These lower doses just haven't been studied yet, so we can't say either way.

It's recently been added to a few other testosterone boosting supplements that

users *are* enjoying, so that's great news.

Ashwagandha *does* have a very solid track record as a mood booster and in at least giving you the mental "beast mode" mindset back in the gym if you're starting to age out of it, so we're recommending it with cautious optimism and hoping more solid science comes out soon showing benefit to "normal" guys at lower daily doses.

• **Ovine Placenta Powder? Really?**

This was actually part of the original P6 Extreme formulation, which preceded Black. It comes from sheep, usually those from Australia as the animals there are free of a dangerous condition called "scrapie". It's included as an HCG agonist and *believed* to increase serum testosterone levels.

It first made the news as a trendy celebrity facial treatment, believed to boost collagen due to its wealth of antioxidants and DNA structure that's very similar to that of humans. It actually made the jump to test supplements with P6 Extreme, but was dropped from Black.

The trouble here is that all of this is very new and theoretical and there's pretty much no science whatsoever backing it as an effective test booster (or for your facials either). So we're not really sure why it's back, especially considering that it's a somewhat expensive addition. But at the very least we're pretty sure it won't turn you into Tom Cruise, so there's that.

• **The Other Stuff**

The rest of the formulation is fairly common to testosterone boosting supplements and returns from the former P6 Extreme label. The only difference is that *Bayberry* is now listed as *Myrica Rubra* and *Salvia Sclarea* is now Clary Sage, though they appear to be standardized for the same extracts.

We're not entirely sure what Cellucor's plans are with these three formulas, there's likely only room for two, but one ingredient that it's nice to see again is Tribulus Alatus. This herb extract actually has some studies behind it indicating an increase in free testosterone[4,5], not to mention having an aphrodisiac effect.

Whether or not it will *seriously* boost testosterone levels is to be determined, but one thing we can state for sure – you're going to feel really really good with this stuff. Ashwagandha and tribulus alatus *alone* prove that.

Where to get the new P6

If this is going to follow the new C4 release schedule, then we suspect it'll

happen like this:

- **December 2014:** GNC only
- **January 2014:** BB.com gets it
- **Feb 2014:** Everyone else can get it

At that point, you will start seeing more price drops through PricePlow, so sign up for price drop updates below and we'll email you when there's a hot deal!

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References

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