

# Chaos Crew's BRING THE CHAOS Pre Workout Brings Controlled Chaos to the Gym!

written by Mike Roberto | February 5, 2019

Coming onto the scene in late 2017, Chaos Crew has been making some massive noise overseas! The loudly-branded company from the UK has focused on bringing you *hardcore* products that pack more of the exotic ingredients you can't find in a majority of European-based formulas.



It's Europe's most hardcore pre workout supplement – a supplement that lives up to its name *and* its look.

If you've been watching PricePLOW from Europe, and are wishing you could get access to many of the ingredients we have in certain supplements stateside, then get ready to meet **The Most Hardcore Brand in Europe**, who's bringing them home to *you!*

Although they're working to expand their product line into other supplement categories, one thing is for sure – they have the hardcore pre-workout *covered!* **Bring the Chaos** delivers an absolutely loaded formula to give you the intense energy, solid pumps, and overall *euphoric* feel you need to crush your workouts... but not too much caffeine and a solid anti-crash system we're loving!

Chaos Crew didn't shy away from some of the hardcore ingredients we're used to seeing over here in America, even though pre-workouts like this aren't all that common in Europe. We're glad to see our international training partners across the pond finally getting more options, as we know just how intense they can be on a slow day!

In this post, we are going to break down the label, showing you just how Chaos Crew brings the chaos into the weight room! Before we get into it, though, be sure to check out and subscribe to PricePLOW for supplement news, deals, and price alerts:

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## Mike's Bring the Chaos Review

We split Mike's review into two videos – the *review*, where he talked about the high-doses of “bonus stimulants” but lower dose of caffeine paired with a high dose of theanine, which was incredible:

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Then even further below, we have an ingredient explanation if you'd rather watch than read:

## Bring The Chaos formula – quick rundown

To quickly highlight the important notes on this formula, here's what we think is most important about what Chaos Crew is bringing to the table:

- A not-too-large hit of 250mg caffeine
- Hard-hitting, euphoric 1-2-3 punch of *Eria Jarensis*, *Juglans Regia*, and Lotus Leaf Extract, smoothed out by L-Theanine!
- Solid pumps from citrulline and norvaline

Just based on that, you can clearly see Bring the Chaos is *not* pulling any punches! It's transparent, comprehensive label gives you everything you could want in a strong pre, and more!

## Bring the Chaos Ingredients

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Below is *one* 15.1g scoop serving:

- **Caffeine (as Caffeine Anhydrous) – 250mg**

Quantity per	Serving	100 ml
Energy	0 kJ (0 Cal)	0 kJ (0 Cal)
Protein	0 g	0 g
Fat, total	0 g	0 g
- saturated	0 g	0 g
Carbohydrate, total	0 g	0 g
- sugars	0 g	0 g
Sodium	0 mg	0 mg
Caffeine (as caffeine anhydrous)	250 mg	31.25 mg
L-Citrulline	4,000 mg	750 mg
Beta-Alanine	3,200 mg	400 mg
L-Tyrosine	500 mcg	82.5 mg
L-Theanine	250 mg	31.25 mg
Eria Jarensis	250 mg	31.25 mg
Juglans Regia (Persian Walnut) leaf extract	200 mg	18.75 mg
Lotus Leaf Extract (Nelumbo Nucifera)	100 mg	12.5 mg
Novraline	100 mg	12.5 mg
Vitamin B3 (as Niacin)	20 mg	2.5 mg
Black Pepper Extract	10 mg	1.25 mg
Vitamin B12 (as Methylcobalamin)	10 mcg	21.34 mcg

**INGREDIENTS**  
L-Citrulline, Beta-Alanine, Anti-Caking Agent (E51), Acidic Regulator (E50), L-Tyrosine, Natural & Artificial Flavors, Sweeteners (E55, E50), L-Theanine, Caffeine Anhydrous, Eria Jarensis, Juglans Regia Leaf Extract, Lotus Leaf Extract, Novraline, Niacin (Vitamin B3), Black Pepper Extract, Methylcobalamin (Vitamin B12)

Check the full label! That L-Theanine dose is what's really smoothing this stim-heavy product out!

What would a hard-hitting, energy-packed pre-workout be without caffeine!

Needing no introduction, caffeine is the most popular stimulant we have, in the States, in the UK, even worldwide! Not only does this stuff deliver that quick “pick-me-up,” but it has been shown to *increase fatty acid oxidation*, [1] fend off exhaustion, and *increase thermic effect*. [2]

At 250mg, we’re right at a sweet spot with the dose here. Some supplements nowadays like to pack 300 to 400mg, which may be a bit much for some people. With 250mg per serving, you’re getting a solid hit of energy. But, don’t you worry; this is a hardcore pre-workout, and there is *much* more energy on the way. For that reason, we’re *very* happy about this dose. No 1.5 scooping needed!

- **L-Citrulline – 4000mg**

Next up, we find 4g of **L-Citrulline** front and center. That’s right, that’s *pure* L-Citrulline, not citrulline malate! Bring the Chaos is looking to bring

those pumps *quickly*, letting you get after it in the gym as soon as you take a scoop!

Citrulline is arguably the single-most effective pump ingredient we see in supplements. It's a precursor to arginine, which is what the kidneys turn citrulline into once it gets digested. Arginine is a semi-essential amino acid you get from food, and it mainly *facilitates nitric oxide production*. Translation – arginine acts as a vasodilator, opening up blood vessels to increase blood flow and give you that *pump* effect.



Bring the Chaos comes with a smashing 4g dose of citrulline, well above clinical!

Unfortunately, arginine has relatively poor bioavailability. It has a long path to absorption, and is mostly broken down by the time it reaches your bloodstream. When taken orally, around 70% of arginine is absorbed,[3,4] where whatever doesn't get taken up tends to increase chances of digestion disruption.

That's where citrulline comes in. Research shows that it's almost 100% absorbed into the bloodstream,[5] due to its less rigorous digestive path, and is easy on gut health. So, not only are we getting much more NO production with pure citrulline, but it's proven to bring other benefits to the table, as well!

### **Serious benefits from a serious citrulline dose**

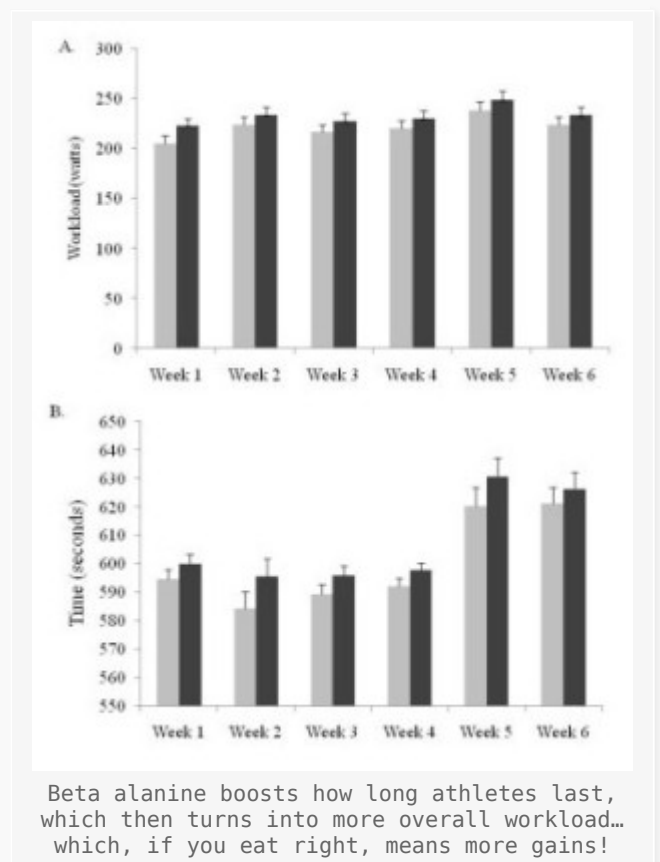
Citrulline has been shown to *promote aerobic energy production*,[6] *increase muscle efficiency*,[7] *boost anaerobic exercise performance*,[8] and even *reduce muscle soreness*![8]

Yes, citrulline does *a ton* for you, and you'd be missing out on a lot if it

wasn't in your daily supplements. Luckily for us, Bring the Chaos gives us a solid dose of the *pure* thing at 4g (much more than the clinical dose of 3g), more than enough for serious pumps and all those auxiliary benefits!

- **Beta-Alanine – 3200mg**

Rounding up the trifecta of commonly used pre-workout ingredients, we have **beta-alanine**. You might have a love-hate relationship with this stuff, depending on your stance in regards to the infamous *face-tingling* parasthesia it can bring on. Regardless of how you feel, though, there's not much debating that this stuff *works* for boosting carnosine levels and helping your muscles last longer.



Within the body, beta-alanine joins with *histidine*, another amino acid, to form muscle *carnosine*.<sup>[9]</sup> Beta-alanine is the key cog in this process, however, being the limiting factor to how much carnosine can be produced.<sup>[9]</sup> Why is carnosine important? Well, it helps fend off lactic acid build-up, meaning it can *increase muscular endurance*!<sup>[10]</sup>

### The beta alanine research: increased work capacity, reduced fatigue

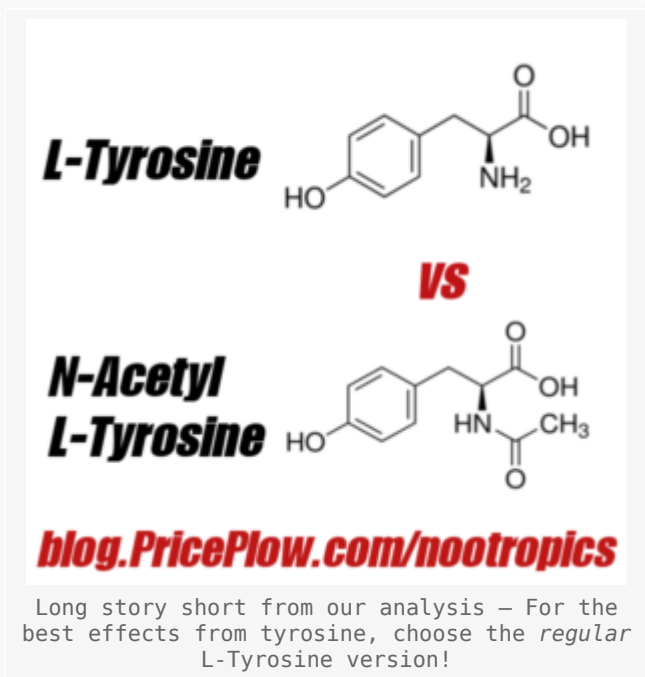
In regards to beta-alanine specifically, research conducted has backed up its potency as a promoter of muscular endurance. It's been shown to *increase total work capacity*,<sup>[11,12]</sup> *delay fatigue*,<sup>[13]</sup> and *boost peak power output*.<sup>[14]</sup>

Beta-alanine accomplishes all this due to its effect on muscle carnosine levels, and man are we happy it does!

It's worth noting that the studies cited often use 3.2g spread across four different 800mg doses in a day, but that's a bit cumbersome – our hope is that this dose gets your carnosine levels back to saturation and you can keep it coming every training day.

Long story short, beta-alanine helps you stay at the top of your game for a longer period of time. That's important, not only for obvious training reasons, but because it synergistically works into what the rest of this label is trying to do. It's tough to get in a longer, more efficient, more intense workout with beta-alanine, making it worth the face-tingles!

- **L-Tyrosine – 500mg**



**L-tyrosine** is an amino acid crucial to body in its production of multiple neurotransmitters. Once ingested, it's broken down into *levodopa*, a precursor to *dopamine*, the "feel-good" neurotransmitter. This also increases production of *noradrenaline* and *adrenaline*, summarizing tyrosine as a *catecholamine producer!*[15]

Helping to promote euphoria and focus, tyrosine is also an excellent team player. In fact, it's been shown to *complement caffeine in the production and releasing of catecholamines*,[16] effectively amplifying one another! In addition, it also acts as somewhat of a *stress-reducer*,[17] having shown the ability to *enhance cognition* when exposed to acute stressors.

As we'll see soon, Bring the Chaos separates itself with its focus and euphoria ingredients. Tyrosine helps facilitate both, and at a good dose of 500mg, it's an integral factor on this label!

- **L-Theanine – 250mg**

As you'll see in our review, *this* is actually the ingredient that sets Bring the Chaos apart from much of its hardcore competition.



Continuing the focus component of this formula, Chaos Crew packs a solid 250mg of **L-theanine**. An amino acid isolated from green tea, theanine has the ability to *relax* without necessarily *sedating*. In other words, theanine can help you stay calm and *focus*,<sup>[18]</sup> increasing your attention and cognition.

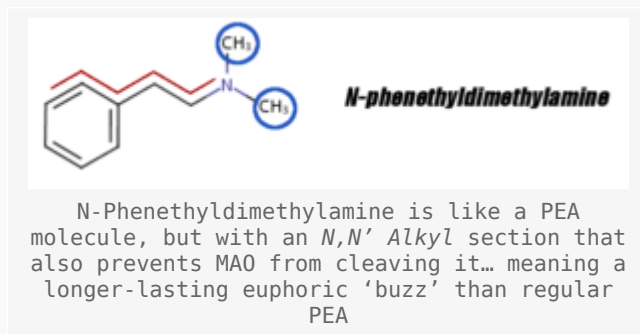
The main reason we see it here, however, is its peculiar relationship with stimulants. Because it acts as somewhat of a relaxing-agent, it actually helps *take the edge off* of stimulants, especially caffeine. In fact, it works with caffeine to promote a more clean, more focused energy.<sup>[19]</sup>

This yields a “controlled chaos” that we get with Bring the Chaos.

Importantly, this synergistic relationship is maximized around a 1:1 dose of theanine to caffeine. That's *exactly* what we have here, further showing that Bring the Chaos is bringing *effectiveness*, which will only improve your training!

- **Eria Jarensis – 250mg**

So with the “typical” ingredients covered, let’s get on to why you’re most likely reading this post – the hardcore stuff!



**Eria jarensis** is a relatively new herb in the supplement industry, but it’s quickly gaining popularity in the race to find the best, safest *phenethylamine* (PEA)-backboned stimulant. Although little research on the compound specifically exists, after years of use, companies *may have a case*, too!

Eria jarensis is used primarily for its concentration of *N,N-phenethyl dimethylamine*, a molecule structured similarly to other PEA-backboned stimulants, but with less intensity. A few of these stimulants have a long, controversial history (as do most aggressive PEA ingredients), and to avoid a long history lesson, you can read about it (and much more about PEAs and their future) [here](#). Essentially, *N,N-phenethyl dimethylamine* is being used to approximate what its predecessor stimulant could do, and although it may not be as strong or effective, it may even be better.





Because of this ingredient and the next, Europeans can now take their workouts to the next level!

This is a stimulant that affects your central nervous system,[20] providing a large hit of energy. However, this isn't the kind of energy you'd need for a sprint, like caffeine anhydrous. No, this stuff is *longer-lasting*, thanks to its ability to *inhibit monoamine oxidase (MAO)*, the molecule that tends to break "regular" PEA down in around 5 minutes.[21]

Reason being, this compound has two additional alkyl groups on its structure, which physically block those MAO enzymes from cleaving it from the dopamine receptor – further differentiating it from most PEAs. This also allows it to *pass the blood brain barrier* more easily than most PEAs, enhancing its effectiveness.[21]

One last important thing we need to note is the safety of this stimulant. Even though most PEAs have a somewhat rough history with the FDA, N-phenethyl dimethylamine is actually **Generally Recognized as Safe (GRAS)** – even if that's as a flavoring agent![22]

At 250mg, we'd say this is high-dosed, just like the next 'exotic' stimulant, making it *powerful* and us happy to see it on this label! Because of little research, a specific clinical dosage doesn't truly exist, but most brands use between 150 to 250mg.

- **Juglans Regia (Persian Walnut) Leaf Extract – 200mg**

**Juglans regia** is a species of walnut trees hailing from Southwest Asia, known

to have a massive number of alkaloids that can help enhance focus and energy.[23] Among these is *2-amino-5-methylheptane*, a naturally-occurring form of “DMHA”, a strong (but not *too* strong) psychoactive CNS stimulant.

***DMHA is Here!***



\* Octodrine  
\* 2-Aminoisoheptane  
\* 2-Amino-6-Methylheptane  
\* 1,5-Dimethylhexylamine

***Is this the next big thing?***  
***blog.PricePlow.com/dmha***

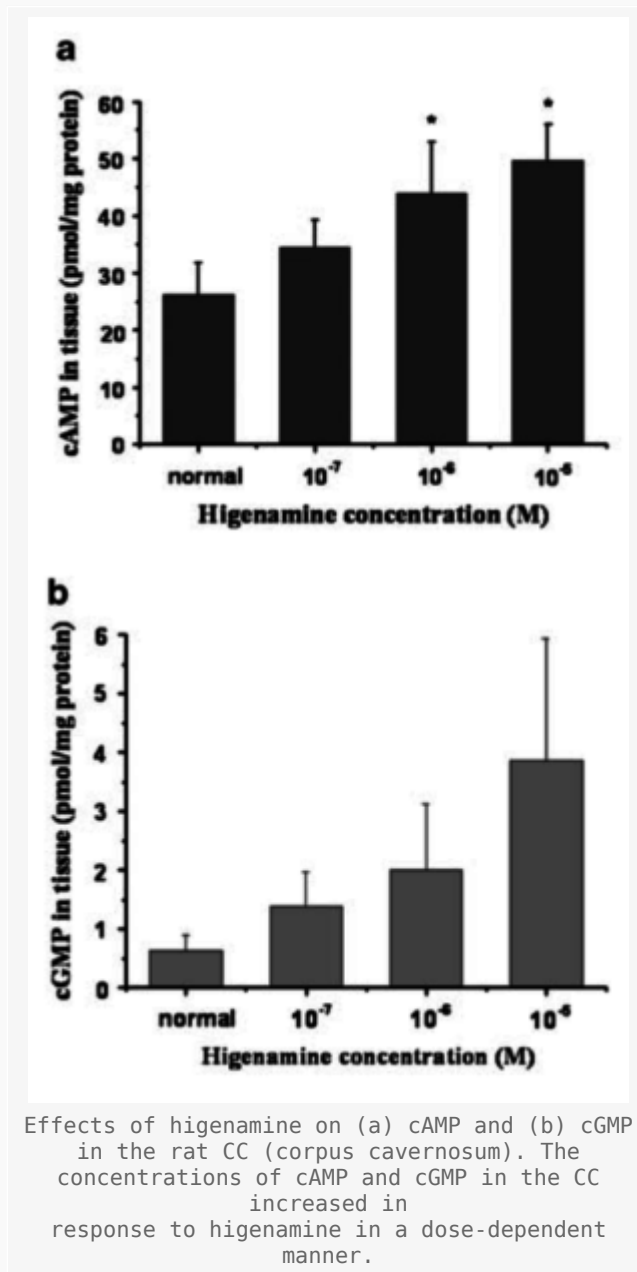
J. Regia is the stronger, newer form of “DMHA” that is stronger than even the *original* DMHA shown above!

Essentially, this stuff boosts the uptake of dopamine and noradrenaline, triggering your “flight-or-flight” instinct. This particular extract is said to be stronger than synthetic DMHA, known as *2-amino-6-methylheptane*. Both deliver a substantial euphoric “zip”, but anecdotally it does seem the 2-amino-5 we have here does so *better*. It does cost more, which is why most companies make it synthetically, but Chaos Crew wants to give you the *real thing!*

That being said, this ingredient operates similarly to other stims, both of which are banned in the UK. We’re not going to speculate on its future, but it goes without saying you should use these exotic stimulants with caution and start with half a scoop, per the label. Some of you are experienced with these type of formulas (and are looking for a new exotic stim supplement!), but others may not be. If you’re new to exotic stims, make sure you assess your tolerance at half a scoop!

As far as doing, well, one could argue this is why this product is called Bring the Chaos! At 200mg of extract, you’re sitting *well* over the “accepted” dose of 2-amino-5 of around 100mg. This stuff will hit *hard*, and as long as you can tolerate it, you’ll surely benefit from it!

- Lotus Leaf Extract (*Nelumbo Nucifera*) – 100mg



**Lotus leaf extract** rounds out the stimulants and neurotransmitters on this label, but it shouldn't go unnoticed! Usually standardized for **higenamine**, this extract has been shown to *enhance mood, focus, and energy* by way of the serotonin receptors.[24,25] This complements all of the neurotransmitters and stimulants here perfectly, but, it may offer a bit more!

There's also some research out there that lotus leaf extract may *inhibit acetylcholine breakdown*,[26] keeping your cognitive focus high! Early research has also warranted discussion of its potential as a *fat-loss agent*, especially when used adjacent to carnitine.[27]

- **Norvaline – 100mg**

**L-norvaline**, a derivative of the BCAA *valine*, inhibits enzymes that try to rid arginine from the bloodstream.[28] Thus, it acts as a bit of a “defensive specialist”, defending nitric oxide levels within the body. Ultimately, it helps keep citrulline (and subsequently arginine) flowing, which aids you in maintaining your pumps!

At 100mg, it’s not exactly an incredible dose, by any means. That being said, this isn’t a true pump supplement, as Bring the Chaos is more concerned with stimulants and increasing focus. Nonetheless, the dose of norvaline you’re getting *will absolutely* aid the aforementioned citrulline dose, and who can be mad about that?

- **Vitamin B3 (as Niacin) – 20mg**

Some people tend to overlook the “boring” vitamins on these kind of labels, but here at PricePLOW, we want to give you a *comprehensive* break-down. In this case, **niacin** actually has some benefits that we’re sure you’ll like!

Mainly, Vitamin B3 looks to protect your heart, and offers a lot for cardiovascular health. It can boost levels of *paraoxonase 1*, an enzyme that protects against lipid oxidation, which can actually reduces risk of cardiovascular disease.[29] Some research has even shown that niacin may *boost growth hormone signaling, while converting food to energy.*[30]

- **Black Pepper Extract – 10mg**



This is the flavor we ended up liking more!

You should be used to seeing uptake promoters on almost *every label* these

days, and this is no different! Black pepper extract is known to *enhance the bioavailability in supplemented ingredients*, including both fat-soluble and water-soluble vitamins (in addition to other vitamins and minerals!).[31]

Anytime we can be a bit more confident that we're truly getting the most out of the supplement we're taking, we're all for it!

- **Vitamin B12 (as Methylcobalamin) – 10mcg**

**Vitamin B12** is a necessary nutrient for our bodies, as it helps nerve and red blood cell functioning. It tends to be associated with energy products, especially commercial energy drinks, and may even have some potential *cognitive-boosting* ability in long-term supplementation.[32]

## Flavors

Bring the Chaos launched in two flavors: **Blueberry Lemonade** and **Sour Gummy Worms**. Sour Gummy Worms was the winner in Mike's review, and it works well with the unusually *high* water recommendation dose (400mL for just half a scoop or 800mL for a full scoop!) Blueberry Lemonade is incredibly unique, and seems almost like a blue cocktail flavor.

**Update on water recommendations:** *The high water recommendations are due to Australian caffeine laws!! We've found that Americans and Europeans should use 300-400mL per scoop, but Ozzies must follow instructions on the label!!*



Blueberry Lemonade is the unique cocktail-like flavor, but Sour Gummy is still the winner!

There are no artificial colors used in Bring the Chaos.

## Stacking

Alright, so there is absolutely *no need* to stack any additional stimulants when it comes to Bring the Chaos. Chaos Crew absolutely has you covered on that front! However, adding in additional pump ingredients is doable, especially if you have a soft spot for stuff like VAS06! Maybe Chaos Crew has something else up their sleeves coming...

If you're truly trying to get the most out of your workouts, perhaps a recovery supplement with creatine, EAAs, and/or betaine is something to look into!

## A *Serious* Pre-Workout From Our Friends Across the Pond!



It's safe to say that Chaos Crew lives up to their most excellent branding, as they are bringing *absolute chaos* with this hardcore pre-workout. But it's a *controlled chaos*, with the 250mg caffeine / theanine combo.

Delivering serious energy, powerful focus, and solid pumps, Bring the Chaos delivers on all fronts. Our friends overseas can now gain some insight into the hard-hitting supplements many of us love, and there's no doubt they're going to like it! Also worth noting, just in case – you can still obviously purchase this from overseas if you live in America, it's just uncommon to have stuff like this coming from the UK!

But, just remember – if you're inviting the chaos, you better be ready to control it!

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