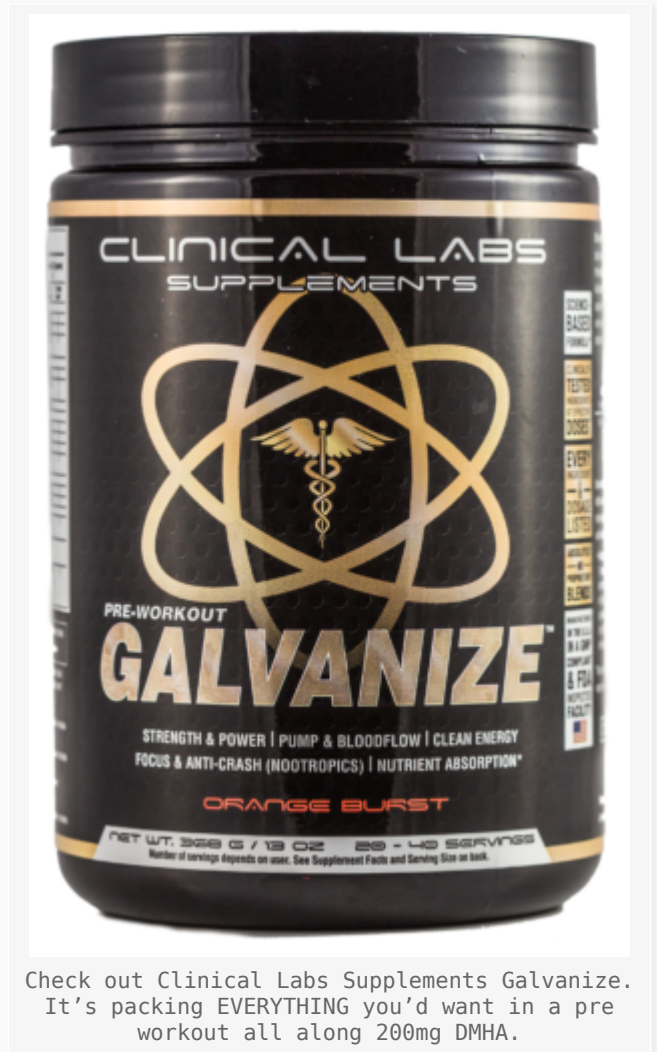


Clinical Labs Galvanize: A Pre Workout to Shock the System

written by Mike Roberto | December 7, 2017

Galvanize: *To stimulate or shock with an electric current;
To arouse to awareness or action.*



Check out Clinical Labs Supplements Galvanize. It's packing EVERYTHING you'd want in a pre workout all along 200mg DMHA.

2017 has most certainly been the year of the monstrous serving pre workout, as evidenced by the scores of top-notch pre workouts we've covered this year. But we're not done yet – we've got another excellent pre workout today, courtesy of industry newcomer – **Clinical Labs**.

The team at Clinical Labs is dedicated to making fully-dosed, research-based supplements with full label transparency, right up our alley. The brand launched with two products, a pre workout, which we're covering today, titled **Galvanize**, as well as an intra workout / recovery supplement named Reconstruct, which we'll be discussing in a separate post.

Galvanize is definitely bringing *all* the goods, all fueled by a total of **279.75mg caffeine** alongside a heaping **200mg dose of DMHA** (as 2-amino-6-

methylheptane). Plus, you're getting plenty of pumps, focus, and endurance too.

We've got all the details ahead, but before we get there, make sure to sign up for PricePLOW alerts about Clinical Labs. And, since the brand isn't in any of our stores yet, but...

Use our special code **PRICEPLOW10** to save 10% on your order at **ClinicalLabsSupplements.com**.

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Galvanize Ingredients

As you would expect from a brand name Clinical Labs, Galvanize contains the full research-backed doses in every full serving (2 scoops) of the pre workout. This gives 20 full servings per tub or 30-40 smaller servings for those days when you want a little less energy while training...

- **Strength & Power**

- **CarnoSyn Beta Alanine (3.2g)**

Supplement Facts

Serving Size: Servings per container:	1 scoop (8.8 grams) 40		2 scoops (17.5 grams) 20	
	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
STRENGTH & POWER				
Beta Alanine (CarnoSyn®)	1600 mg	†	3200 mg	†
Betaine Anhydrous	750 mg	†	1500 mg	†
PUMP & BLOODFLOW				
L-Citrulline Malate 2:1	3000 mg	†	6000 mg	†
Arginine Inositol Silicate (Nitrosigine®)	750 mg	†	1500 mg	†
Agmatine Sulfate (AGmass®)	500 mg	†	1000 mg	†
L-Norvaline	100 mg	†	200 mg	†
CLEAN ENERGY				
Caffeine Anhydrous	112.5 mg	†	225 mg	†
2-Amino-6-Methylheptane (DMHA)	100 mg	†	200 mg	†
Dicaffeine Malate (Inlign®™)	37.5 mg	†	75 mg	†
Hordeamine HCL	25 mg	†	50 mg	†
FOCUS & ANTI-CRASH (NOOTROPICS)				
N-Acetyl L-Terpsine	500 mg	†	1000 mg	†
L-Theanine	50 mg	†	100 mg	†
NUTRIENT ABSORPTION				
Black Pepper Fruit Extract (BioPerine®) (Std. > 95% Piperine)	2.5 mg	†	5 mg	†
* Percent Daily Values (DV) are based on a 2,000 calorie diet † Daily Value (DV) not established				
Other Ingredients: Natural and Artificial Flavors, Silica, Sodium Citrate, Sucralose, Magnesium Citrate, Acesulfame Potassium, FD C Red #40.	1222.5 mg	†	2445 mg	†

Galvanize is packing a heaping serving size for their beastly pre workout.

Beta alanine improves stamina and endurance by increasing muscle concentrations of carnosine, an intracellular buffer that clears metabolic waste products, such as lactic acid, that accrue in muscle tissue during physical activity. Greater carnosine levels boosts your muscles' buffering capacity enabling you to train longer and avoid premature fatigue.[1,2]

Be warned, if you're not saturated with Beta Alanine and take the full 2 scoop serving, you will get the tingles here folks

• Betaine Anhydrous (1.5g)

Betaine is a metabolite of choline that acts as an osmolyte and methyl donor in the body. Betaine improves cellular hydration (in a manner similar to creatine) and is essential for the methylation of homocysteine. Homocysteine is converted into methionine (one of the 9 EAAs), which is required to creatine production.

Essentially, without sufficient methionine, your body won't produce adequate creatine, thereby hindering your strength, power, and performance. Betaine increases endogenous production of creatine, leading to better performance as well as greater size and strength.[3,4]

As for the 1.5g dose, some of you might be wondering if that's enough, well consider the 2009 study titled "Effect of betaine supplementation on power performance and fatigue" which demonstrated the preworkout effective dose to be 1.25g.[3]

Clinical Labs added:

"Our 1.5g dose is a little higher than a clinical dose for use in a preworkout. There are some preworkouts that use 2.5g, which is the full dose recommended by studies daily, but since betaine is obtained through a typical diet it's not necessary to put the entire dose in the preworkout. Accordingly, we found most quality companies included between 1-2g, with 1.25g being very common, as per the studies. Inclusion in this way is very comparable to how most reputable companies dose beta alanine: 3.2g is generally the preworkout dose though 6.4g is the studied full daily dose.

All that research in mind, from a practical standpoint we found the product to be effective at a 1.5g dose. I know this post is just considering the formula from a scientific overview, but I imagine your testers will have the same reaction."

– Clinical Labs

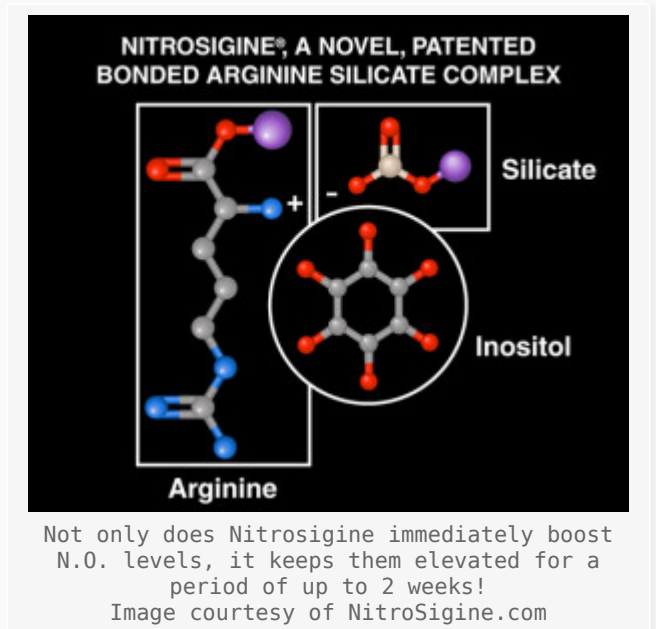
- **Pump & Blood Flow**

- **Citrulline Malate 2:1 (6g)**

Nitric oxide (NO) is an important signaling molecule in the body that enhances brain function, athletic performance and cardiovascular health. With increased NO production, you'll experience increased vascularity, stamina, and best of all PUMPS.[5,6]

There's no finer ingredient for boosting NO levels in the body than Citrulline Malate. We're getting a full 6g dose of the good stuff in 2:1 Citrulline Malate. That means each full serving of Galvanize delivers 4g L-Citrulline alongside 2g of Malic Acid (malate) for additional endurance benefits.

- **Nitrosigine (1.5g)**



Orally supplemented L-Arginine has been shown to be pretty much useless for elevating nitric oxide levels in the body. However, Nitrosigine is an enhanced form of arginine that's been shown to improve bioavailability and effectiveness leading to both acute and prolonged (up to 2 weeks!) increases in NO levels.[7,8]

The dose here is great too. Most pre workouts only include 750mg Nitrosigine at most. Clinical Labs is using the full 1.5g dose used in the clinical studies on Nitrosigine for maximum effectiveness.

- **Agmatine Sulfate (1g)**

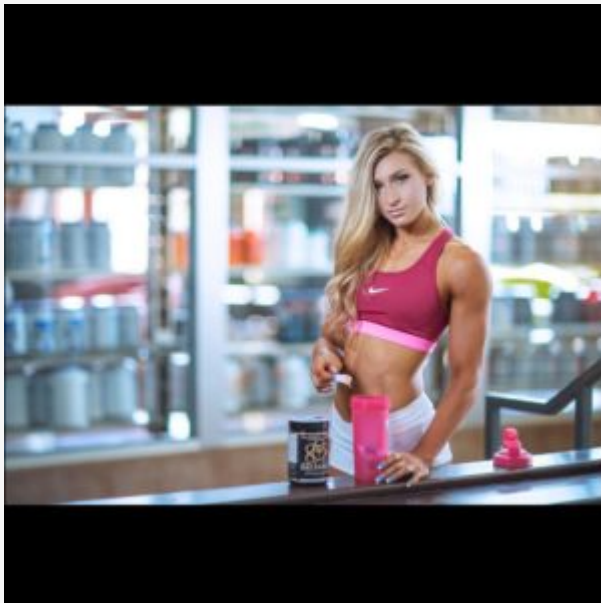
Agmatine functions as a dual neurotransmitter / neuromodulator in the body, but it also serves as a potent nitric oxide support supplement too. Agmatine promotes long-lasting nitric oxide production by inhibiting arginase, the enzyme that degrades arginine.[9] On top of that, since it's a neurotransmitter / neuromodulator, agmatine can also reduce pain (enabling you to train harder for longer) and bolster focus.[10]

- **L-Norvaline (200mg)**

Another powerful arginase inhibitor is L-Norvaline. Combining L-Norvaline and Agmatine blunts arginase activity for good, promoting powerful, constant nitric oxide production that will deliver incredibly long-lasting pumps.[11]

- **Clean Energy**

- **Caffeine Anhydrous (225mg)**



All you need is one scoop of Galvanize to get the job done.

The first of two forms of caffeine, Galvanize contains a solid 225mg dose of immediate energy in caffeine anhydrous. This is a great amount to provide the immediate spark you need to get going in the gym, but there's still plenty more energy to come.

- **2-amino-6-methylheptane (200mg)**

Better known as DMHA, 2-amino-6-methylheptane is the heir apparent to the "KING of stimulants". This newer, next-level stim brings intense focus and mood enhancement, but not quite the aggressive motivation from its predecessor.

The dose is definitely on the higher end of DMHA-infused pre workouts we've encountered and will be felt immediately if doing the full serving of Galvanize.

- **Dicaffeine Malate (75mg)**

Clinical Labs also includes an additional 75mg of dicaffeine malate, providing a more sustained release of energy compared to anhydrous. This yields 73% caffeine by weight, which means you're getting an additional 54.75mg caffeine. So, in each *full* serving of Galvanize (2 scoops), you'll get **279.75mg caffeine**.

- **Hordenine HCl (50mg)**



Galvanize and Reconstruct form a supreme pre / intra workout supplement 1-2 combo.

Hordenine is a strong beta-2 agonist found in bitter orange.[12] It exhibits similar effects to that of noradrenaline, and can add that “little extra something” on top of the DMHA and caffeine included in Galvanize.

We see the tried and true 50mg of Hordenine in nearly every product we write about, and this one’s no different!

- **Focus & Anti-Crash**

- **N-Acetyl L-Tyrosine (1g)**

N-Acetyl L-Tyrosine (NALT) is a more water-soluble form of Tyrosine, an amino acid used in the production of dopamine, adrenaline, and noradrenaline. NALT is believed to be better than regular L-Tyrosine, but as we’ve shown previously in our mega-post L-Tyrosine vs. N-Acetyl L-Tyrosine: A Tale of Two Tyrosines, NALT is nowhere near as effective as L-Tyrosine, despite the improved solubility.[13]

- **L-Theanine (100mg)**

Frequently supplemented for its relaxation-inducing properties, L-Theanine is an amino acid found in tea leaves that’s included to help tame the hit of caffeine as well as bolster the cognitive/focus effects of the classic stimulant.[14,15]

We like this dose – not too big, not too small, and not too expensive. 100mg seems to be the sweet spot for most people when caffeine is dosed in the 250-300mg range as it's just enough to promote the increased focus aspect of caffeine without completely blunting the initial energy hit.

- **Nutrient Absorption**

- **BioPerine (5mg)**

- BioPerine, a standardized form of *piperine* from black pepper extract, is included to add some “absorption insurance” to Galvanize. This helps ensure that the other ingredients contained inside stay intact longer in the body, furthering their effectiveness.

On the Formula

“Clinical Labs’ product formulations begin with the clinical research of supplement ingredients. The research is carefully analyzed to distinguish between mere hype and demonstrable improvements in exercise performance. From that we develop initial product formulations, which are then thoroughly tested in a variety of workouts and sampling runs for effectiveness, taste, and mixability. We consider this feedback, then refine the products until we sincerely believe they are one of, if not the very best, in their respective product category.

Our two founders have both trained and used countless supplements for many years. And while new supplement companies enter the market all the time, we still felt we have something unique to offer. While we are pleased to see more companies shift from proprietary blends and some using clinically proven ingredients at efficacious doses, this is still not the industry norm. We continue to see a lot of companies over promise with their marketing but underdeliver with their effectiveness. We tend to see products that may taste good but don't really work, that work but have side effects (ex: anxiety from too many stimulants), include ingredients or dosages that don't make sense for the formula, etc. Our goal is to create products with no negatives, that work, that taste great, that you can feel

good about taking from a health standpoint. It's a challenge – it takes longer to formulate and is more expensive to produce – but this is our philosophy and will hold ourselves to this standard for all products we release.”

– Clinical Labs HQ

Flavors Available



Clinical Labs debuts its flagship pre workout with two flavors: **Orange Burst** and **Sour Gummy**.

Takeaway

Galvanize is the latest in a long string of extremely well-dosed pre workouts we've encountered this year. At the full 2 servings, you're getting just about everything you could ask for in a high-DMHA pre workout, except maybe creatine. But the inclusion of betaine serves to enhance endogenous creatine production, so you might be okay after all.

Stay tuned for our full review of this mega-dosed pre workout in the coming weeks!

Use our special code **PRICELOW10** to save 10% on your order at **ClinicalLabsSupplements.com**.

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