

Core ABC Blood Orange: Not Just a Seasonal Flavor

written by Mike Roberto | October 3, 2022

CORE Nutritionals is on a *tear* lately, hot off of a potent *Core HYDRATE* launch that put all other electrolyte supplements on the chopping block. But getting back to one of their classic supplements – the **Core ABC** intra-workout / BCAA supplement – there’s a new flavor launching for Fall of 2022.

***Blood Orange* Core ABC is Here for Fall**



We recently covered *Core ABC Lemon Lime Sherbet*, which was the perfect summer launch, especially given the heat wave we experienced this year. But now that it's October, it's time to get a bit... *darker*.

Core ABC Blood Orange is the latest flavor, with bold, citrus tones to help quench you in your training. Doug Miller and his team at CORE Nutritionals *claim* that this "blood orange" launch has nothing to do with the upcoming Halloween celebration, but we're not so sure about that.

Regardless, this is a popular flavor system because it's generally very *strong* – something that folks want when using tons of water for hot and heavy training.

Let's dive into the flavor and then talk about how Core ABC works. First, check the availability on PricePLOW and sign up to for our alerts on Core Nutritionals supplements:

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What is Blood Orange?

The **blood orange** is a type of orange in the *Citrus × sinensis* (sweet citrus) family. It's famous for its "red" flesh that's really a deep maroon – or *blood-red* – color.



This coloration is due to additional polyphenols known as *anthocyanins*, constituents we write about frequently, since they're used in supplements for health properties. These pigments are less common in traditional citrus fruits, but we do see them in the blood orange.[1]

This comes from what is believed to be a natural mutation – many botanists think that the blood orange is a type of orange hybrid with the pomelo and tangerine. There are additional subvarieties, many of which are high in vitamin C.

In general, we can expect a flavor profile that's bolder than traditional orange – it's often a combination of *orange* and *raspberry*, but flavor scientists can tweak it to their liking.

What is Core ABC?

Supplement Facts		
Serving Size: 2 Heaping Scoops (21g)		
Servings Per Container: 50		
	Amount Per Serving (2 scoops)	% DV
Branched-Chain Amino Acids (BCAAs)		
L-Leucine	5.0g	**
L-Isoleucine	2.5g	**
L-Valine	2.5g	**
L-Glutamine	2.5g	**
Beta-Alanine	2.5g	**
Citrulline Malate	2.5g	**
** Daily Value not established.		
OTHER INGREDIENTS: Citric Acid, Sucralose, Natural & Artificial Flavors, Malic Acid, Acesulfame Potassium.		

Core ABC is a BCAA (branched-chain amino acid) supplement that boasts a little bit more than your traditional BCAA supplement. What makes ABC stand apart is that there are some additional endurance-boosting ingredients added as well, making it a top product amongst cardio-lovers especially.

Products like ABC are generally taken *intra-workout*, but works as a refreshing sugar-free beverage that can top off your amino stores as well.

Core ABC Ingredients

We first covered Core ABC when writing about their *Patriot Pop* flavor in 2021 – if you care to see citations and references, read our article titled *Core ABC Patriot Pop: Boost Your Workout with a Bomb*.

But briefly, here's what the supplement has in store for you:



- **BCAAs (Branched-Chain Amino Acids) – 10 grams:** These are the three primary essential amino acids that can't be generated by the body, and thus must be ingested via diet (or supplementation). On their own, they are anti-catabolic and anti-fatiguing. They consist of **leucine**, the primary amino that activates mTOR signaling and drives muscle protein synthesis. **Valine** is important as the precursor to our

“exercise molecule” L-BAIBA. Finally, **isoleucine** can boost glucose uptake and improve nutrient absorption while promoting mTOR signaling a touch itself.

- **L-Glutamine – 2.5 grams:** This popular and abundant amino acid isn’t a muscle-builder like it was promoted to be 20 years ago, but it can help increase endurance, reduce soreness, and speed recovery. Additionally, there are gut health and immunity benefits, although those aren’t really stated goals of Core ABC... we’ll take them.
- **Beta-Alanine – 2.5 grams:** The famed endurance-boosting amino acid that binds to the essential amino acid L-histidine (which is in nearly everything we eat) to generate more carnosine. Carnosine then goes on to buffer lactic acid, helping to fight muscular fatigue
- **Citrulline malate – 2.5 grams:** The popular *nitric oxide* booster that can promote increased nitric oxide production through its conversion to L-arginine. The reaction can lead to more *vasodilation*, improving blood flow, reducing fatigue, and combating soreness. With enough citrulline malate (such as 6 total grams, check your pre-workout and it likely has some more), there’s known performance enhancement as well.

If you need even *more* essential amino acids or want carbohydrates, then check out **Core INTRA**.

All Core ABC Flavors Available:

You know a supplement is popular when it has *this* many flavors:



Blood Orange, Better than Regular Orange

NEW!

PRICELOW

CORE NUTRITIONALS INTRA
FULL SPECTRUM INTRAWORKOUT

CORE NUTRITIONALS INTRA
FULL SPECTRUM INTRAWORKOUT

CORE NUTRITIONALS INTRA
NOW WITH MORE POWER

PRICELOW ARTICLE

Need carbs to go with it? Core INTRA has been upgraded with more power!

We joke that CORE launched this one for Halloween – they claimed that they didn't and that's likely the case. So we have to note that it's *not* a seasonal

flavor, and should stick around. Let's just call it a *well-timed* flavor, just like the Lemon Lime Sherbet before it.

This gave us a bit of an opportunity to understand why blood oranges are awesome, and if you see them at the store, give them a try – they seem to have *healthier* nutritional components than your standard oranges.

And that's what this is all about – staying *healthy*. And if it takes a delicious drink to keep your cardio going, then that's worth every penny.

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References

1. Carmona, Lourdes, et al. "Anthocyanin Biosynthesis and Accumulation in Blood Oranges during Postharvest Storage at Different Low Temperatures." *Food Chemistry*, vol. 237, 15 Dec. 2017, pp. 7–14, 10.1016/j.foodchem.2017.05.076; <https://pubmed.ncbi.nlm.nih.gov/28764055/>