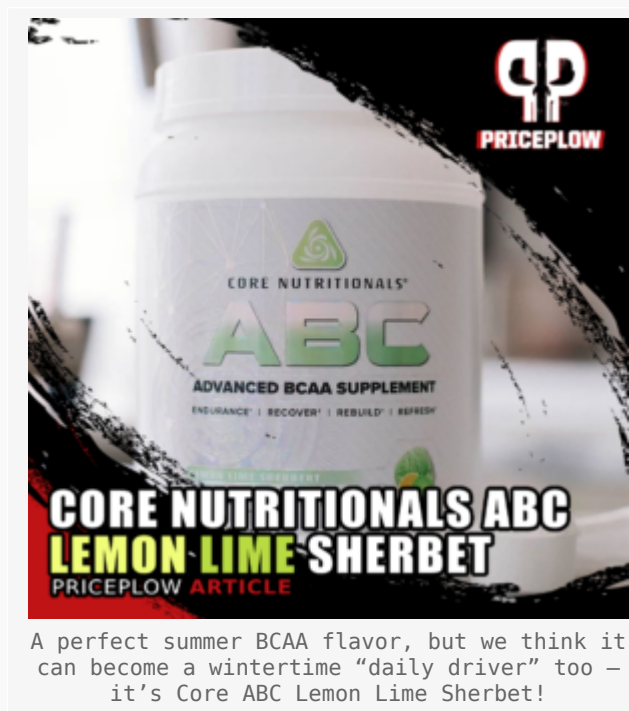


# Core ABC Lemon Lime Sherbet Strikes for the Heat of Summer

written by Mike Roberto | July 6, 2022

Anyone familiar with *Doug Miller* knows that he's a true patriot. It's no surprise, then, that we see a burst of creative energy from him around the *4th of July* every year. Last year, we saw CORE Nutritionals release a *Patriot Pop* flavor of Core ABC. But wait, there's more from Crush It Holdings:



A perfect summer BCAA flavor, but we think it can become a wintertime "daily driver" too – it's Core ABC Lemon Lime Sherbet!

## It's A Great Summer For Lemon Lime Sherbet

Now we have his *original* brand, **Core Nutritionals**, coming out with a **Lemon Lime Sherbet** flavor for their premium branched chain amino acid (BCAA) supplement, **Core ABC**!

What better way to recover from your heart-pounding workout in the sweltering heat than an iced glass of BCAAs with intense *citrus* flavor?

The Core ABC flavors are always incredible, and we're *sure* this one is no exception.

Let's get into the details of this flavor and how Core ABC works. But first, check out the latest deals on PriceFlow and sign up to get email alerts about Core Nutritionals' phenomenal products:

## Core Nutritionals ABC – Deals and Price Drop Alerts

## Get Price Alerts

Get ABC Price Alerts Get Core Nutritionals alerts Get Amino Acids price drops

Also get hot deal alerts

*No spam, no scams.*

**Disclosure:** PriceFlow relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

## The Core Nutritionals Lemon Lime Sherbet

We love this flavor because it isn't too *thick* – the consistency of the product when mixed with water remains light and airy, just like a fine sherbet would really taste.

Definitely more *lime* than *lemon* in this flavor, which is exactly how we think it should be: the more delicate notes up front, with the delicious tangy bite of the lemon in the background.

### Core ABC: A Primer



We call **Core ABC** a “premium” BCAA supplement because unlike most BCAA supplements, it’s not *just* BCAAs. Core Nutritionals realized that since BCAA supplements are used as a *pre workout* or *intra workout* supplement 99% of the time, the function of a BCAA stack could be improved by adding in some endurance-boosting ingredients: and that’s *exactly* what Core Nutritionals did.

Because of its endurance-boosting properties, Core ABC is an *awesome* supplement to use on *cardio day* in particular.

## Why BCAAs?

Long story short, the *branched chain amino acids* (so named because of their tree-like chemical structure) *leucine*, *isoleucine*, and *valine* are possessed of anti-catabolic and endurance-boosting properties. The most common way to use BCAAs is as an additive *pre workout supplement* that prevents your muscles from being excessively damaged by an intense workout.

Of course, some people mix up some BCAA powder and drink it *during* their workout, which has pretty much the same effect: which route you choose really comes down to personal preference.

Just understand that BCAAs alone are not enough to *build* new muscle: for that you do need a greater *quantity* of protein from food or supplements.

## Core ABC Ingredients

For a full ingredient analysis of Core ABC from Core Nutritionals, read our review of last year’s Core ABC flavor, *Patriot Pop*, at [Core ABC Patriot Pop: Boost Your Workout with a Bomb](#).

	Amount Per Serving (2 scoops)	% DV
<b>Supplement Facts</b>		
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 Flavor, Acesulfame Potassium.		

If you don’t feel like reading all that, here’s a *brief* review of what these ingredients are and how they work:

- **Branched-Chain Amino Acids (BCAAs)** – 10 grams: anti-catabolic, anti-fatigue. **Leucine**, the most abundant BCAA in the mix, increases muscle protein synthesis by activating mTOR. **Valine** is important as the immediate precursor to L-BAIBA,

a hormone-like compound that helps our body adapt to exercise.

- **L-Glutamine** – 2.5 grams: boosts endurance, speeds up recovery, reduces soreness. Improves gut health and possibly immunity.
- **Beta-Alanine** – 2.5 grams: Boosts endurance by helping clear your muscles of lactic acid, a byproduct of both aerobic (low intensity) but mostly anaerobic (high intensity) metabolism that causes neuromuscular fatigue when it builds up.
- **Citrulline malate** – 2.5 grams: a potent *nitric oxide* booster. By causing NO-mediated *vasodilation*, citrulline can reduce fatigue and soreness while slightly increasing athletic performance.

**Check out the many other Core ABC flavors:**





Stave off catabolism with Core ABC

Also worth noting: Lemon Lime Sherbet first came out in the *Core FURY* pre-workout supplement.

## Lemon Lime Sherbet for the ABCs

Core Nutritionals does a great job with their flavoring, and they also do a great job with *seasonality*. This is exactly the kind of flavor system you want to see in the *summer*, and that's when Miller and team delivered. This is *especially* true in the scorching hot, heat wave summer of 2022.

Of course, no offense to you lemon-lime drinkers in the winter, but it's just not the same then. Now's the time to test out the flavor system with some extra ice, and once you do, you'll probably agree that this could easily serve as a *daily driver* to keep the aminos flowing, even in the winter.

## Core Nutritionals ABC – Deals and Price Drop Alerts

### Get Price Alerts

Get ABC Price Alerts Get Core Nutritionals alerts Get Amino Acids price drops

Also get hot deal alerts

*No spam, no scams.*

**Disclosure:** PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.