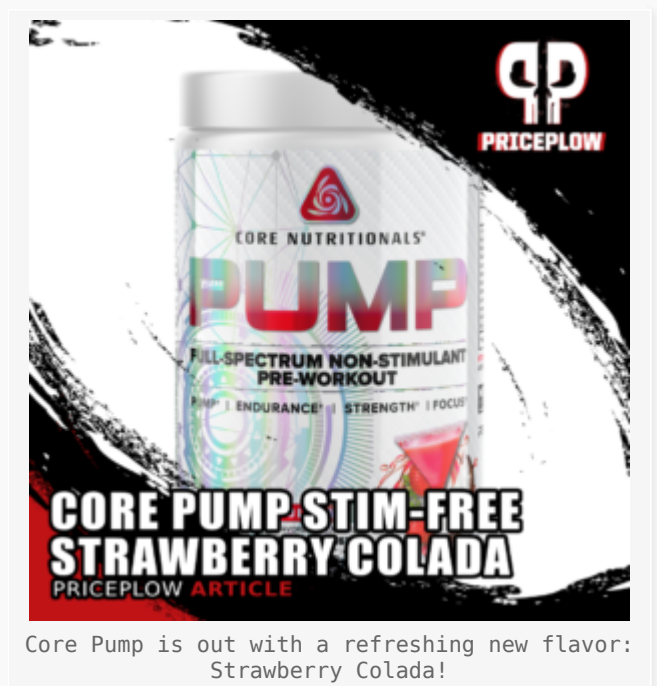


CORE Pump: Strawberry Colada Stim-Free Pumps

written by PricePLOW Staff | October 31, 2022

Doug Miller, professional bodybuilder turned business builder, started Core Nutritionals back in 2005. The release of their flagship **Core MRP** kicked off a brand that has gone on to make wave after wave in the supplement industry for 17 years.

Pre-workouts are difficult to get right. They are very *feeling*-based supplements – and when it comes to *stimulant-free* pre-workouts, it's even tougher to get an effect that'll keep you in the gym and in the zone.



The aim of **Core Pump**, a stim-free pre-workout, is to provide all of the workout-boosting effects of stim-based pre-workouts, like awesome pumps and a nice endurance boost, without the actual stimulants and associated effects. With this formula described below, Core delivers, with the added benefit of coming in some truly delicious flavors. Today, we're getting another new flavor that we *can't wait* to throw in our PricePLOW shaker cup.

Core Pump: Strawberry Colada

As a stim-free pre-workout, Core Pump doesn't rely on ingredients like caffeine or alpha yohimbine. Instead, it focuses on creating what Core calls a *performance pump*. Whereas many non-stim pre-workouts hone in exclusively on just increasing blood flow for that familiar pump feeling, Core decided to go a step further.

Pump was engineered to create that pump feeling with **l-citrulline** and **betaine**

nitrate, provide an endurance boost with **beta alanine** and **Peak02**, spark cell hydration with **glycerol**, and increase focus with **Alpha GPC**. Core Pump is a much *bigger* product than the average stim-free pre-workout on the market.

Strawberry Colada – It's summer somewhere

We've loved every flavor we've tried of Core Pump – the most recent one being *Sangria*. Following in the spirit of mixed drinks for a summertime pool party, Core is out with a new flavor: **Strawberry Colada**.

While it may not be summer anymore in the northern hemisphere, the southern hemisphere is getting close, and that's good enough for us. Strawberry Colada just sounds like the perfect flavor for a pre-workout, doesn't it?

We're going to dive into a little summary on how Core Pump works, but first, let's check the PricePlow for some good Core deals:

Core Nutritionals Pump – Deals and Price Drop Alerts

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Also get hot deal alerts

No spam, no scams.

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Core Pump is more interesting than your garden-variety stim-free pre-workout. It's not only focused on the pump – performance and endurance are equally important. Let's run through it:

Core Pump – Under the hood

In every 2 scoop serving of Core Pump (23.2g), you get:

| Supplement Facts | | | | |
|--|----------------------------------|--|-------------------------------|------|
| Serving Size: 2 Scoops (23 g) | | Servings Per Container: 20 (40 scoops) | | |
| | Amount Per 1/2 Serving (1 scoop) | % DV | Amount Per Serving (2 scoops) | % DV |
| L-Citrulline | 3000 mg | ** | 6000 mg | ** |
| Beta Alanine | 1600 mg | ** | 3200 mg | ** |
| Betaine Nitrate (NO3-T®) | 1250 mg | ** | 2500 mg | ** |
| PeakO2® [Cordyceps militaris (Cordyceps)Root, Ganoderma lucidum (Reishi)Root, Pleurotus eryngii (King Trumpet)Root, Lentinula edodes (Shiitake)Root, Hericium erinaceus (Lions Mane)Root, and Trametes versicolor (Turkey Tail)Root] | 1000 mg | ** | 2000 mg | ** |
| HydroMax® (65% Glycerol Powder) | 1000 mg | ** | 2000 mg | ** |
| Alpha GPC 50% | 300 mg | ** | 600 mg | ** |

**Daily Value not established.

OTHER INGREDIENTS: Silicon Dioxide, Natural and Artificial Flavors, Malic Acid, Citric Acid, Sucralose, Acesulfame Potassium.

NO3-T is a registered trademark of ThermoLife International LLC. This mark covers the use of one or more patents listed at www.NO3-T.com/patents.

HydroMax is a registered trademark of Glanbia plc.

PEAKO2 is a registered trademark of Compound Solutions, Inc.

- **L-citrulline** (6000mg) is a non-essential amino acid that is converted to arginine, and then to nitric oxide, which is what creates that prototypical “pump effect”. Nitric oxide causes vasodilation, which then allows more oxygen and nutrients to be pumped into your tissues via the bloodstream. L-citrulline has been demonstrated in numerous studies to increase both aerobic and anaerobic function.
- **Beta alanine** (3200mg) is an amino acid that acts as a precursor to carnosine, which makes the body more efficient at clearing lactic acid, a major cause of that muscle burning feeling during workouts. In short, beta alanine indirectly leads to lactic acid being cleared quicker in the muscles, allowing you to keep up a higher exertion level for longer.
- **Betaine nitrate** (2500mg) is a nitrate bound to one of our favorite osmolyte compounds, betaine. Osmolytes like betaine work to make your cells more resilient by maintaining their water balance, and have been shown to increase peak power in resistance training settings. The nitrate, on the other hand, can boost nitric oxide production an incredible amount, leading to many performance-based benefits.



- **PeakO2** (2000mg) is a blend of 6 ayurvedic mushroom strains that has been demonstrated to increase oxygen uptake and aerobic endurance, as well as increase V02Max and heart rate

economy.

- **Hydromax** (2000mg) has *glycerol* as its active ingredient, which has been shown to keep your muscles hydrated, which produces that pump effect. Further, glycerol helps to keep nutrients in the muscles, where they belong, which could potentially impart some endurance benefits.
- **Alpha GPC** (600mg) is a precursor to choline, which goes onto produce *acetylcholine*, a neurotransmitter that has been widely shown to impact cognitive function and performance. Additionally, at 600 milligrams per day, Alpha GPC supplementation has been shown to lead to an increase in peak power output during resistance training.

All Core Pump flavors



Core Pump also comes in a few other excellent flavors, like *Tropic Thunder* and *Sangria*. Check them out!

Every type of supplement has a different set of flavors that just work, based on when and how you use them. A pre-workout that tastes like a rich, chocolatey dessert doesn't feel as right as a festive, fruity, beachy flavor. It would be difficult to fit that bill better than with strawberry colada.

It's summertime in the gym



Strawberry and Coconut – A match made in heaven

Pre-workout supplements have a short-term use profile compared to other supplements like creatine or whey protein, meaning users want to notice it quickly and strongly. People want a great workout and they want to feel good during it.

Stimulant pre-workouts contain ingredients like caffeine, that are chosen for their stimulating effects. For many, however, stimulants cause some undesirable effects, like the jitters and even feelings of edginess.

Stim-free pre-workouts, on the other hand, are generally only engineered around one thing: boosting nitric oxide to get that muscle pump feeling. This, too, sometimes feels lacking as non-stims seem as though they are *unconcerned* with other aspects of performance.

Core Pump does an incredible job of going *beyond* the pump. And now there's a great summertime flavor you can use *all* the time. Because no matter what the weather is like outside, it's always summer in the gym

Workouts are the time for getting revved up, slamming some iron, and making your muscles pump so hard that they disintegrate your shirt, allowing you to bask in the fluorescent lighting and faint smell of blood. The only thing missing is

something to drink. Something sweet, but not too sweet. Something fruity, not chocolatey. Something refreshing. Maybe *tropical*, even.

Strawberry Colada. Because it's summertime *somewhere*.

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It should be simple: the right combination of specifically targeted ingredients for pump, endurance, strength, and focus all blended together to produce a scientifically sound, and complete, non-stimulant pre-workout. It should be, but it isn't. It is a good thing for consumers, then, that Core Nutritionals® loves a challenge. With Core PUMP, we redefine the non-stimulant pre-workout category with more than just a "pump" product. Core PUMP® contains cutting edge and trademarked ingredients to maximize ALL performance aspects of your workout, without stimulants or jitters.

WARNING: Consuming this product can expose you to chemicals including lead which is known to the State of California to cause cancer. For more information, go to www.P65Warnings.ca.gov.

WARNING: This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor), PDE5 inhibitor, nitrate for chest pain, or any other medication. Immediately discontinue use and consult your health care professional if you experience adverse reaction to this product. Do not exceed recommended serving. Do not use if safety seal is broken or missing. Keep out of reach of children.

DIRECTIONS: Mix 2 scoops with 12-16 ounces of water and consume approximately 15-30 minutes prior to your workout.

Crash II!

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

CORE NUTRITIONALS®

PUMP

FULL-SPECTRUM NON-STIMULANT PRE-WORKOUT

PUMP® | ENDURANCE® | STRENGTH® | FOCUS®

STRAWBERRY COLADA

NATURALLY & ARTIFICIALLY FLAVORED DIETARY SUPPLEMENT
20 SERVINGS - NET WT. 16.2 OZ (460 G)

Supplement Facts

| | Amount Per 1 Scoop Serving (2 scoops) | | Amount Per Serving (2 scoops) | |
|---------------------------------|--|------|-------------------------------|------|
| | % DV | % DV | % DV | % DV |
| L-Citrulline | 3000 mg | ** | 6000 mg | ** |
| Beta-Alanine | 1800 mg | ** | 3600 mg | ** |
| Malic Acid (20% 100) | 1200 mg | ** | 2400 mg | ** |
| PeaProtein (Long-chain isolate) | 1000 mg | ** | 2000 mg | ** |
| β-Alanine (Free) | 600 mg | ** | 1200 mg | ** |
| Phosphatidylserine | 500 mg | ** | 1000 mg | ** |
| HydroMax™ (90% Silicon Dioxide) | 300 mg | ** | 600 mg | ** |
| Alpha GPC 10% | 300 mg | ** | 600 mg | ** |

**Daily Values not established.

OTHER INGREDIENTS: Silicon Dioxide, Natural and Artificial Flavors, Malic Acid, Citric Acid, Sucralose, Acesulfame Potassium.

NO STIMULANTS

HydroMax™ is a registered trademark of Thermal Diagnostics LLC. It is a registered trademark of Thermal Diagnostics LLC. It is not intended for use as a stimulant or to increase energy levels.

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