

Dedicated Nutrition BCAA Sensation: The Right Way to BCAA

written by Mike Roberto | May 8, 2018

*Dedicated Nutrition has crafted a lovely formula for an intra-workout supplement with **BCAA Sensation**. Does it live up to the claims of boosting athletic performance and improving recovery all while being carbohydrate free? We'll go into the nitty gritty of each ingredient present in the formula.*



Now *this* is a BCAA we can get behind! 4:1:1 ratio, added rhodiola, taurine, and grape seed extract! But wait til you see the flavors...

Let's Talk Intra-Workouts

An intra-workout supplement's purpose is self-explanatory: You take it *during* your workout to improve your performance and reduce fatigue in the gym, while hopefully setting you up for optimal recovery. The ingredients should absorb quickly while not producing any irritation that could distract you from your workout.

Dedicated Nutrition has opted to go for proven ingredients in the formulation of **BCAA Sensation**, but with a twist that we don't normally see in a BCAA formula.

There are two things we love about this formula, and as you'll see in our review below, the flavors are even crazier!

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Our BCAA Sensation Review

A few of the flavors were over the top, but Mike loves this stuff:

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As you'll see why, it's pretty simple: **high leucine content** and **rhodiola rosea!** So without further ado, let's jump right into the formula:

Ingredients

No proprietary blends here in the active ingredients, so thanks to Dedicated Nutrition for keeping it real and making our jobs easier:

- **4:1:1 BCAA Blend (5g of Leucine, 1.25g of isoleucine, 1.25g of valine)**

Supplement Facts

Serving Size 1 Scoop (12.5 g) Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2 g	1%*
Calcium	30 mg	2%
Sodium	35 mg	2%
L-Leucine	5000 mg	**
L-Isoleucine	1250 mg	**
L-Valine	1250 mg	**
Taurine	1000 mg	**
L-Citrulline Malate 1:1	1000 mg	**
Rhodiola Rosea Root Extract (3% Rosavins & 1% Salidroside)	100 mg	**
Grape Seed Extract (90% Proanthocyanidins)	100 mg	**
Dicalcium Phosphate	100 mg	**
Dipotassium Phosphate	100 mg	**
Disodium Phosphate	100 mg	**
AstraGin® (Astragalus & Panax Notoginseng Extract)	50 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

OTHER INGREDIENTS: Natural & Artificial Flavor, Malic Acid, Silicon Dioxide, Sucralose, Acesulfame-K, Vegetable Juice (for color).

The only way this could be better is if Dedicated Nutrition comes out with an *EAA Sensation* with some of the same add-ons!! Outside of that, this is a nearly picture-perfect BCAA supplement for us!

While each amino acid we're discussing here is separate on the label, it makes much more sense to analyze them together. **Leucine**, **isoleucine**, and **valine** are the fundamental BCAAs and the obvious focus of a BCAA supplement. The best part? You're getting a **4:1:1** ratio in BCAA Sensation.

Well, awesome. Leucine is amazing, so this is what we often want! Right? While most of the *valid* research on BCAAs available stick to a 2:1:1 ratio, with isoleucine and valine at half the leucine dose, leucine is indeed the most anabolic of the three!

But there's little *specific* research if any on a 4:1:1 ratio of BCAAs, so the jury is out on how effective this formulation could be – although theoretically this is where we like it. While it may seem logical that doubling the ratio would lead to some improvement, it could also flush the effectiveness of the other two aminos a bit.

In a world chock full of 2:1:1 aminos, and given that there's a serious 7.5g total BCAA (as opposed to many competitors at 5g total), it's like they basically *doubled* leucine and left the other two the same, so this is right up our alley.

If the 4:1:1 ratio is as effective as the traditional 2:1:1 ratio, the BCAA blend should provide you with heightened recovery, decreased time between sets, and heightened fat oxidation potential [1,2]. Sweet deal if you ask us, and keto dieters should be happy because leucine is the BCAA that's exclusively ketogenic!

- **Taurine (1000mg)**

Key Points

A meta-analysis was conducted to evaluate the effects of isolated oral taurine ingestion on endurance performance and to assess the contribution of (1) the dose and (2) the supplementation period to the ergogenic effect.

Human endurance performance can be improved by a 'small' magnitude after orally ingesting a single dose of taurine in varying amounts (1–6 g).

Further research is needed to establish the effects of the oral taurine dose on endurance performance and which populations would benefit most from its supplementation.

Taurine's Benefits (endurance-wise) can be seen after a *single* use!

Taurine is a favored child of the PricePLOW team. At even small doses, taurine is very effective at improving endurance in athletic populations.[3] There's evidence suggesting that taurine can help improve hydration as well.[4]

It is also *not* dose-dependant, so a *low* dose of taurine will provide the same benefits of much higher doses – although 1g here is our preferred go-to dose, so this works out well too. Taurine even works acutely, so you can take it before a workout and immediately experience the benefits.

If you have cardio to do, BCAA Sensation should help carry you through, especially with this full gram dose.

- **L-Citrulline Malate (1000mg)**

L-Citrulline is a great ingredient for recovery. Primarily acting as a vasodilator by boosting nitric oxide levels (when dosed higher than this, mind you), citrulline will make it easier for nutrients to get to your muscles during intense exercise.



A feel-good BCAA that can be enjoyed by anyone!

While the dose present in BCAA sensation is much lower than the *studied* dose, this is actually a blessing in disguise, and nothing new to BCAA supplements which usually don't have whopping doses of the ingredient. It's typically more of an "endurance assistant" to pair with a pre workout supplement (in this case, Dedicated Nutrition's Unstoppable).

Citrulline should help you out with muscle soreness, overall feelings of fatigue during your exercise endeavours, and can even significantly improve your overall training volume.[4] Since *training volume = hypertrophy*, citrulline can be an *indirect* ticket to gainstown, assuming you get after it hard and eat right, so it's good to see.

It's important to note that Citrulline Malate is half L-Citrulline, half malic acid, which may provide auxiliary benefits in the krebs cycle, but that's to be determined. Overall, you're getting a "pre workout pump and endurance *assistant*" with this dose.

- **Rhodiola Rosea Root Extract (3% Rosavins & 1% Salidroside) (100mg)**

Rhodiola Rosea is one of the most effective Ayurvedic herbs on the planet. Much like its brother, *Ashwagandha*, Rosea is an *adaptogen*, which means it helps combat fatigue and stress.[6] As an adaptogen, Rosea will let you go harder for longer without reaching the "burn-out" stage, and it simply feels good to many others. Beyond its anti-fatigue effects, Rosea is simply a healthy compound. It's associated with cognitive improvements and even

longevity improvements when supplemented, but often in higher doses.[7,8]



Rhodiola Rosea: Our favorite feel-good herb with some additional workout boosting properties

Many intra workouts are not adding this, so on top of the 4:1:1 BCAA ratio, it's a unique feel-good play that has made us fall in love with BCAA Sensation.

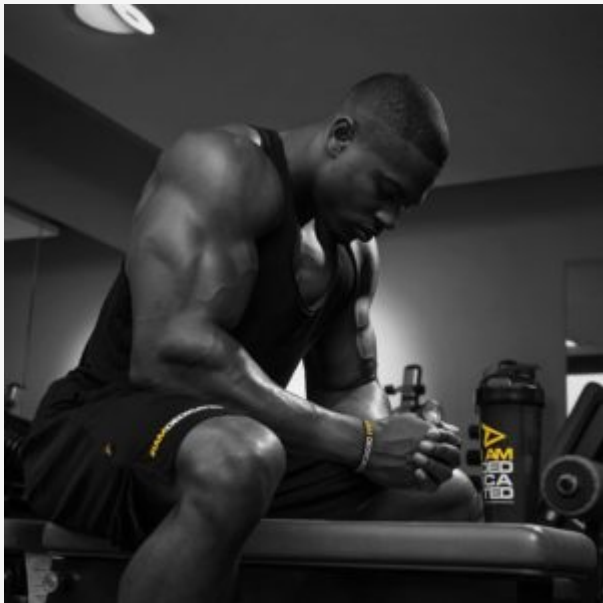
- **Grape Seed Extract (90% Proanthocyanidins) (100mg)**

Grape Seed Extract provides a slew of health benefits, it acts as a decent *anti-estrogen* agent and may even *improve blood flow*, [9,10] the latter of which is likely the intended purpose for having it in here. This should work *real well* with the citrulline present in improving blood flow to ensure that nutrients are making it to your cells!

Like rhodiola, this is another unique addition that isn't in many pre workout supplements, so most people will get added benefits that they otherwise wouldn't have seen here. Add-ons like these are always welcomed in intra workouts here!

However, Grape Seed Extract has terrible bioavailability.[11] Thankfully, Dedicated Nutrition overcomes this later in the formula.

- **Sodium, Calcium, and Potassium Phosphate (100mg each)**



Dedicated Workouts call for proper hydration!

It's best to look at the inclusion of **sodium** and **phosphate** in BCAA Sensation as an "*electrolyte replenisher*". Strength athletes, cardio athletes, and even professional *gaming* athletes all have one problem in common: **sweat**. When we sweat, our bodies lose water-soluble vitamins and minerals.[12] Dedicated Nutrition did the smart thing and included both sodium, calcium, and potassium to replenish any minerals you lost during your gym session.

Pro-Tip: Using Salt for Size

Sodium also may help you produce "*artificial bloat*" to improve your leverages during exercise which may provide some ergogenic benefits. For strength athletes that are cutting, throwing in some salt into your pre or intra workout beverage may help you feel "bigger" during the session.

- **AstraGin (Astragalus & Panax Notoginseng Extract) (50mg)**

Time to amplify those aminos!

Astragin brings BCAA Sensation full circle by enhancing the absorption of every other ingredient in the formula. Made by *NuLivScience*, the AstraGin present in BCAA Sensation should help the body use Grape Seed Extract, Citrulline Malate, and everything else present in the intra-workout more efficiently. [13] It's actually a blend of *panax notoginseng* and *astragalus*, which may bring a bit of adaptogenic properties on their own alongside that rhodiola – but it's mostly used for the "ingredient amplification".

The AstraGin helps BCAA Sensation fall into our criteria of a quality intra-workout that goes the extra mile by making the formula quick and easy to digest. A perfect addition we're seeing a lot lately.

Some crazy initial flavors!

Dedicated Nutrition launched BCAA Sensation in the United States with five very unique flavors, and the complete up-to-date list is below:

Per our review above, these flavors are all *very* intense and each lives up to its name, and then some. For the long-run use of a full-tub, however, Rainbow Candy and Mango Strawberry have been our two go-to's.

Note that Mojito Lime is the one flavor with artificial color (Blue #1 added), and is *quite* minty!

Conclusion: A Sensational BCAA

BCAA Sensation is a classic example of a BCAA done properly. It has feel-good ingredients that will improve your workout in the present while improving your recovery after the session. It has BCAAs in a ratio we appreciate, and we the add-ons of Rhodiola, Grape Seed Extract, and AstraGin are extremely welcomed and not seen in many other BCAAs. In a word where everything is moving towards more complete EAAs, *this* is how you BCAA!



The only other complaint we have is also an advantage: sometimes we like carbs intra workout, but in those cases, you'll just need to add your own (such as highly branched cyclic dextrin).

If your workouts have you sore for days, give BCAA Sensation a shot – *especially* if you're a keto dieter – but pick your flavor wisely, because they pack a punch!

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Supplement Facts Will Vary Slightly Per Flavor



Sensational!

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