

EVL ENGN: Start Your Workout Engine at \$0.80/workout!

written by Mike Roberto | September 27, 2017



EVL ENGN is the brand's headlining pre workout that's all about the pumps, focus, and performance.

EVL Nutrition has had an incredibly busy 2017, steadily releasing new products as well as new flavors of existing products each month. So far, we've recently covered BCAA Lean Energy and PumpMode.

Today, we're focusing on the supplement that got the brand noticed by many in the supplement community. Of course, we're talking about their energy and focus-boosting pre workout supplement, **ENGN**.

What is it that makes this product sell so well? And with a proprietary blend, can it possibly overcome some fears, or is it just a product that everyone loves to get some hot deals on?

We've got all the info ahead on ENGN, but first, take a moment to check the best deal and sign up for alerts from PricePlow:

EVL Nutrition ENGN – Deals and Price Drop Alerts

Get Price Alerts

Get ENGN Price Alerts Get EVL Nutrition alerts Get Pre Workout Supplements 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.

ENGN Ingredients

ENGN is a semi-open/semi-proprietary pre workout that is a unique collection of energy boosters, focus enhancers, and ergogenics designed to get your personal *engine* revved up and ready for a tough training session.

- **CarnoSyn Beta Alanine (1.6g)**

30 Servings		Cherry Limeade
Serving Size 1 Scoop (8.6g) Servings Per Container 30		
Amount Per Serving	%DV	
Niacin (as niacinamide)	35 mg	175%
Vitamin B6 (as pyridoxine HCl)	2 mg	100%
Folic Acid	800 mcg	200%
Vitamin B12 (as cyanocobalamin)	25 mcg	417%
Beta-Alanine (as Carnosyn®)	1,600 mg	†
Creatine Complex	2,000 mg	†
Creatine Monohydrate, Magnesium Creatine Chelate (Creatine MagnaPower®)		
ENGN® Mind-to-Muscle Matrix	2,213 mg	†
Proprietary Blend		
Betaine Anhydrous, Choline Bitartrate, L-Tyrosine, Agmatine Sulfate (as AGmass™), Caffeine Anhydrous, Infinergy™ (DiCaffeine Malate), Alpha-Glycerolphosphorylcholine, Huperzia Serrata Extract (std. min. 1% Huperzine A)(Club moss).		
Percent Daily Values are based on a 2,000 calorie diet. † Daily value not established.		
Other Ingredients:		
Malic Acid, Natural And Artificial Flavor, Tartaric Acid, Sucralose, Silica, Acesulfame Potassium, FD&C Red #40.		

EVL ENGN is a tale of two labels...half open, half closed.

Leading off ENGN is the well-known endurance maximizer – beta alanine. In the body, beta alanine joins with histidine to form the powerful intracellular buffer carnosine,[1] which helps remove (“buffer”) lactic acid before it can accumulate too much and cause a drop in pH. Carnosine’s buffering ability enhances your ability to last longer each set,[2,3,4] and offset the uncomfortable burning sensation that often leads to you ending sets early, and leaving gains on the mat.

- **Creatine Complex (2g)**

ENGN provides 2g worth of your daily 3-5g creatine from a combination of Creatine Monohydrate and Creatine MagnaPower (Magnesium Creatine Chelate). As most of you know, creatine is an incredibly well-studied and proven compound for enhancing lean mass gains, performance, strength, and endurance.

The dose here won't cover all of your creatine needs for the day, which is something we're not always nuts about in pre workouts. In our mind, either include all of it, or leave it out entirely. If you were to combine this with EVL's post workout, RecoverMode, you'd be at a 5g dose on the day, which is where most bigger guys like to start.

- **ENGN Mind-to-Muscle Matrix (2.213g)**

- **Betaine Anhydrous**



In the gym or at home, ENGN gives you the energy to rev up your engine

Betaine is a mighty compound that's a key player in methylation in the body as well as the regulation of homocysteine. It also supports the production of creatine in the body and helps increase strength and lean mass gains.[5,6,7]

Unfortunately, we don't know how much we're getting here (as with the rest of the ingredients in this blend), but we do know it's not the full 2.5g clinically proven dose, so you'll have to get the rest of your betaine from EVL's RecoverMode.

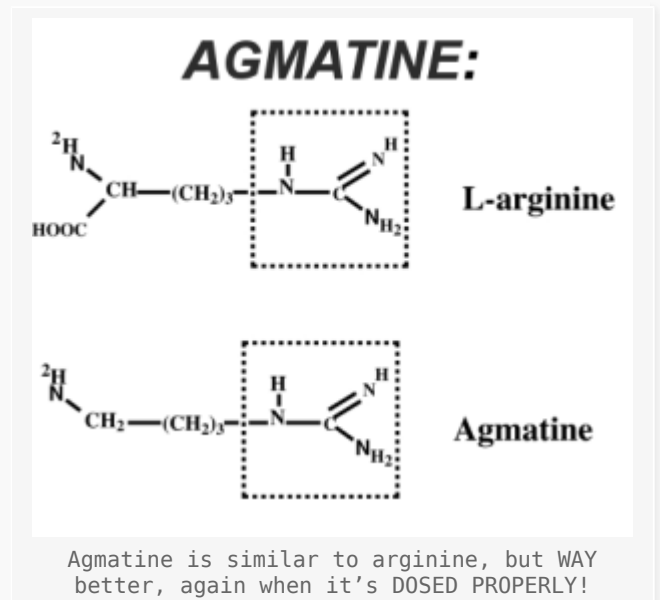
- **Choline Bitartrate**

Choline is a proven focus enhancer that improves your mind-muscle connection while training by increasing concentrations of “the learning neurotransmitter”, acetylcholine.[8] This is the first of two choline forms in ENGN, the other we’ll get to a bit further down.

- **L-Tyrosine**

Tyrosine is one of our favorite nootropics, and we’re glad to see EVL use the superior form of the amino acid in its pre workout. In the body, tyrosine boosts concentrations of several highly important neurotransmitters like dopamine, epinephrine, and norepinephrine, which enhances mood, focus, and alertness. It’s also effective for lowering stress and anxiety.[9]

- **Agmatine Sulfate**



A dual focus booster and pump enhancer, Agmatine is the sole nitric oxide enhancing compound in ENGN. Agmatine inhibits the enzyme responsible for arginine breakdown in the body, arginase.[10] By limiting the actions of arginase, agmatine frees up more arginine to fuel nitric oxide production and enhance vasodilation, blood flow and pumps.

- **Caffeine (300mg total)**

ENGN contains a combination of caffeine anhydrous and Infinergy dicationic caffeine malate, respectively. Though we don’t know the exact amounts of each form of caffeine, we do know that the product contains a **total 300mg caffeine**.

The combination of the fast and slower-acting caffeines should make for a strong, yet comfortable energy rush for users as they get into their

workout.

- **Alpha GPC**



She's all smiles with her tub of high energy
ENGN

The second, and more potent, form of choline in ENGN is Alpha GPC. It supports mental focus during training by providing a choline source to the brain for enhanced acetylcholine production.[11] It's also useful for boosting growth hormone following a workout as well as strength,[12] though you'll need upwards of 600mg Alpha GPC to see those strength increases.

Still, we're always in favor of getting more choline during the day, especially from this incredibly bioavailable form.

***Note:** We're not sure if EVL is using Alpha GPC or Alpha GPC 50%, which supplies half of the listed Alpha GPC. We've reached out to EVL for clarification and will update accordingly.*

- **Huperzine A**

To bolster the effects of the two choline forms in ENGN, EVL also includes a dash of Huperzine A. Huperzine is a powerful acetylcholinesterase inhibitor that prolongs the actions of acetylcholine in the body,[13] ensuring you have long-lasting and concentration.

Flavors Available

EVL doesn't leave consumers wanting for flavors, as the brand has **7 different flavors** to choose from for their headlining pre workout. Included in the lineup are:



EVL ENG N comes in a variety of delicious flavors to suit any taste

- **Blue Raz**
- **Cherry Limeade**
- **Fruit Punch**
- **Furious Grape**
- **Green Apple**
- **Orange Dream**
- **Watermelon**

Other versions of ENGN available as well

If you want to go with a version of ENGN that has no artificial colors, flavors, or sweeteners, then check out ENGN Zero. And those who want a few added weight loss ingredients like forskolin and L-carnitine can also look into ENGN Shred.

Takeaway

EVL has expanded its ENGN lineup over the past year, but fans of the brand keep

coming back to the original pre workout that started it all. ENGN delivers energy and focus to help you get amped up going into your workout and keep your riding high the rest of the day.

Every time we talk about a loaded new pre workout supplement, there's a problem – they're starting to cost a *ton* of money. \$2.00/workout – sometimes even more!

That's clearly not for everyone, especially those on a budget. But EVL's stayed true to their form and we often find this for *well* under \$1.00/workout here, so long as you're cool with the lack of pumps and just need a high-energy blend.

EVL Nutrition ENGN – Deals and Price Drop Alerts

Get Price Alerts

Get ENGN Price Alerts Get EVL Nutrition alerts Get Pre Workout Supplements 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.

References

1. Baguet, A et al.; *Journal of Applied Physiology*; "Important role of muscle carnosine in rowing performance;" July 2010;" 2005
2. Roger C. Harris; et al.; "The effect of a supplement containing β -alanine on muscle carnosine synthesis, ventilatory threshold and exercise capacity in Korean cyclists, during 12 weeks combined endurance and weight training"
3. Hill, CA et al.; *Amino Acids*; "Influence of beta-alanine supplementation on skeletal muscle carnosine concentrations and high intensity cycling capacity ;" February 2007
4. Kendrick IP, et al. The effects of 10 weeks of resistance training combined with beta-alanine supplementation on whole body strength, force production, muscular endurance and body composition. *Amino Acids*. (2008)
5. <https://ajcn.nutrition.org/content/80/3/539.full>
6. <https://jissn.biomedcentral.com/articles/10.1186/1550-2783-10-39>
7. Hoffman JR, Ratamess NA, Kang J, Rashti SL, Faigenbaum AD. Effect of betaine supplementation on power performance and fatigue. *Journal of the International Society of Sports Nutrition*. 2009;6:7. doi:10.1186/1550-2783-6-7. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2651845/>
8. Naber M, Hommel B, Colzato LS. Improved human visuomotor performance and pupil constriction after choline supplementation in a placebo-controlled double-blind study. *Scientific Reports*. 2015;5:13188. doi:10.1038/srep13188. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4536529/>
9. Lykkelund C, Nielsen JB, Lou HC, et al. Increased neurotransmitter biosynthesis in phenylketonuria induced by phenylalanine restriction or by supplementation of unrestricted diet with large amounts of tyrosine. *Eur J Pediatr*. 1988;148(3):238-245. <https://pubmed.ncbi.nlm.nih.gov/2463918>
10. Demady, D; Agmatine enhances the NADPH oxidase activity of neuronal NO synthase and leads to oxidative inactivation of the enzyme.; Department of Pharmacology, The University of

Michigan Medical School; 2001

11. <https://pubmed.ncbi.nlm.nih.gov/22071706>
12. *Acute supplementation with alpha-glycerolphosphorylcholine augments growth hormone response to, and peak force production during, resistance exercise.*
13. *Zhao, Q; Effects of huperzine A on acetylcholinesterase isoforms in vitro: comparison with tacrine, donepezil, rivastigmine and physostigmine.; State Key Laboratory of Drug Research, Shanghai Institute of Materia Medica, Shanghai Institutes for Biological Sciences, Chinese Academy of Sciences; 2002*