

EVL Pump Mode – Get Jacked with Added Pumps!

written by Mike Roberto | April 18, 2017



EVL PumpMode is the latest and greatest supplement from EVL Nutrition that will get you jacked as all get out for your workouts.

EVL Nutrition entered 2017 with a bang when they debuted RecoverMode – an incredibly well dosed post workout recovery aid. The brand’s latest release looks to enhance your workout experience with a new *stackable*, unflavored stim free pre workout additive.

PumpMode is a perfect add-on stimulant free pump enhancer that stacks seamlessly with whatever flavored pre or intra workout you choose for a given training session.

This one’s got *nitrates*, so hold on to your hat!

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Note: If you're looking to learn about the unique capsule formulation, check out our **Pump Mode Capsules** article.

PumpMode Ingredients

This label gets better from start to finish, so hang in there for all four ingredients. EVL PumpMode maintains a very simple and straightforward profile that's transparently dosed. In addition to some standard pump ingredients, you'll also get a nice little bit of Vitamin D – something all of us could stand to get more of in our diets!

- **Vitamin C (500mg)**

Supplement Facts		
Serving Size 1 scoop (3.8g)		
Servings Per Container 30		
	Amount Per Serving	%DV
Carbohydrates	1g	<1%
Vitamin C (Ascorbic Acid)	500mg	830%
Vitamin D (Cholecalciferol)	500IU	125%
HydroMax [®] (std. min. 65% Glycerol)	1,500mg	†
Betaine Nitrate (as NO ₃ -T [®])	1,000mg	†

‡ Percent Daily Values are based on a 2,000 calorie diet.
† Daily value not established.

PumpMode is a solid dosed product at 1 scoop, but will really shine with 2 scoops per serving!

You might be surprised to see Vitamin C first in a pump pre workout, as it's not usually renowned for its nitric oxide boosting properties. However, including it is a smart move, when you realize that high doses of Vitamin C can enhance nitric oxide production as well as performance when dosed pre workout.[1,2]

Vitamin C boosts N.O. by preserving the actions of the Nitric Oxide Synthase enzyme (eNOS). We'll spare you the overly thick biology discussion, and all you really need to know is that that Vitamin C can support elevated NO production in the body, and coupled with the other pump ingredients ahead, you're in store for a solid arm day – engaged veins and all!

- **Vitamin D (500IU)**

While not necessarily included for its ability to increase pumps, we'll never pass up the opportunity to get some much needed Vitamin D!

Vitamin D is a fat-soluble vitamin heavily involved with bone health and healthy mood. It's also one of the essential vitamins people are notoriously lacking due to spending too much time indoors and not enough time outdoors.[3,4]

Furthermore, Vitamin D also improves sleep quality[5], which indirectly supports increased GH production as well as a slew of other anabolic hormones, since the vast majority of hormone production occurs while we sleep.

EVL also had a note to add about the unique inclusion of Vitamin D in a pump product, saying:

"Vitamin D has also been shown in some studies to be a positive regulator of Endothelial Nitric Oxide Synthase (eNOS). So basically it was deemed a beneficial addition to the standard NO boosting core ingredients we would use."

- **HydroMax (1.5g)**



PumpMode allows you to workout with greater intensity, RecoverMode lets you recover just

as hard as you train

Here we go with the *real* pump ingredients of EVL PumpMode!

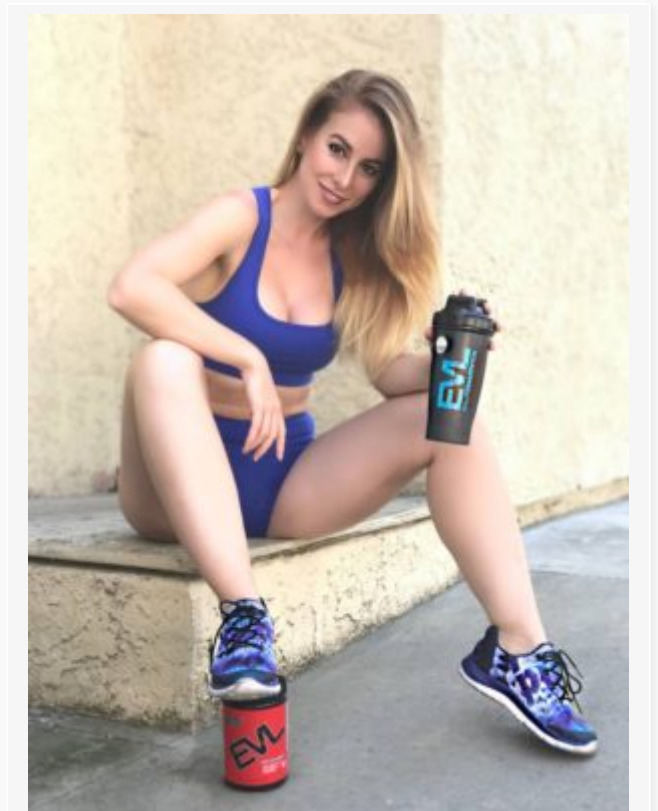
HydroMax is a high-yield form of glycerol that actually contains 65% Glycerol by mass.[6] It's essentially supplanted Glycerol Monostearate (GMS) as the go-to form of glycerol in pre workouts, which contains *at most* 25% glycerol.

HydroMax essentially turns your muscles cells into ultra-absorbent sponges that soak up tons of water, which helps improve hydration, performance and "water-based".[7,8]

To really see the benefit of the water-loving ingredient, drink plenty of water with your pre or intra workout – it will work better, trust us!

- **N03-T Betaine Nitrate (1g)**

N03-T is a patented form of Betaine Nitrate trademarked by Thermolife, LLC, who strictly enforces their patents. Each gram contains 65.4% betaine and 34.6% nitrate, meaning you'll get 654mg of betaine in each serving of PumpMode. This won't meet your daily 2.5g of betaine, but we're not taking N03-T for the betaine component!



PumpMode mixes up effortlessly with whatever pre workout or amino product you may be using.

PumpMode is neutral flavored; basically, it's **flavorless**, so it easily stacks

with any flavored stim pre or intra workout you may use before or during training.

We're taking it for the 346mg of *nitrate* which helps sustain the nitric oxide boost we got at the start with Citrulline Malate. Nitrates will help improve blood flow, endurance, power, and most importantly pumps! [9,10,11]

This is a great dose, and will provide a prolonged N.O. boost, but will really shine when you take 2 scoops of PumpMode!

As a fair and open disclaimer, this site's primary sponsor is in constant legal engagement with ThermoLife, LLC regarding many of these patents. Regardless of whatever happens in those court cases, we will *always* state that we are huge fans of these nitrate-based ingredients. When you buy this, you can be 100% guaranteed that EVL is getting it from the source, and it will perform admirably... and then some!

Flavors Available

"PumpMode is a great addition to our Pre-Workout Lineup. We wanted to add a product that would amplify your performance in the gym through intense pumps and increased blood flow."

Takeaway

So there we have it, a *nitrate*-based pre workout pump topper to throw into EVL's BCAA Energy (fruit punch tastes *SO* good), the EVL ENGN pre workout, or any other high-energy pre workout (such as one that you can find on our [supplement deals page](#)).

EVL continues where they started 2017, releasing another well dosed, transparently labeled product in PumpMode. 1 scoop will make for some mighty fine pumps during your workout, but if you really want those "vein-splitting" pumps seen in the magazine covers, you may want to get adventurous and go the 2 scoop route!

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