

CANDY CANE Pre-Workout?! Glaxon Does it with Plasm Surge (Stim-Free)

written by Mike Roberto | November 7, 2021

It may be early November, but it's never too early for our first Christmas-themed supplement of the year! 2021's breaking-the-seal award goes to *Glaxon*, which is fitting given how far ahead of the curve they've been with their supplement science. And what better occasion than to bring us an early Christmas present of *extra pumps*:



This is no joke – Glaxon Plasm Surge now has a *Candy Cane* flavor, definitely atypical for a stim-free pre workout supplement... but not atypical for Glaxon to do something unique!

Glaxon Plasm Surge in Candy Cane flavor!

The brand that brings us the most unique formulas in the industry (case in point, the updated *Slyce fat burner*) now has a unique flavor: **Candy Cane Plasm Surge**. While we've seen candy cane and "peppermint bark" flavored protein powders, this one's different because it's a **stimulant-free pre-workout supplement** – a product category generally known for fruity flavors, not minty ones!

As of launch, we haven't had this one yet, but if you're into candy cane flavoring and are tired of the same old fruity supplements, this could be a fun one to try – or a fun gift for your personal trainer or lifting buddy.

We'll discuss the flavor on video below when we've had it, and briefly describe the formula below. First, you can check PricePLOW and sign up for Glaxon news alerts to see availability:

Glaxon Plasm Surge – Deals and Price Drop Alerts

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What is Plasm Surge?

Plasm Surge is Glaxon's *stimulant-free pre-workout supplement* that comes in powder form. They also have *Plasm Caps*, which come in capsule form, but with powders, you can fit in more active ingredients. This allows Plasm Surge to claim *nutrient absorption, nitric oxide, and turbo pumps* on the label. We're basically looking for improved blood flow and pumps for weight training sessions here – only without the stimulants we see in most pre-workout supplements.

Our main article linked above explains the ingredient profile in detail, but here's the general gist of the label (in two scoops totaling 16 grams):

- **L-Citrulline – 6000 mg**



The image shows the 'SUPPLEMENT FACTS' label for Plasm Surge. The label is set against a red background with a muscular arm. At the top, it says 'PLASM SURGE BLOOD FLOW MAXIMIZER'. Below that, the 'SUPPLEMENT FACTS' table is presented. The table lists various ingredients and their amounts per 1/2 scoop (8g) and per scoop (16g), along with their respective % Daily Values. At the bottom of the label, there are logos for several brands: Astrolyte, VasoDrive, Amino, Setria, and Nitrix.

	Amount Per 1/2 Scoop (8g)	%DV	Amount Per Scoop (16g)	%DV
Magnesium (as Magnesium Citrate)	24.5 mg	6%	49 mg	12%
Chloride (as Sodium Chloride)	1215 mg	5%	243 mg	11%
Sodium (as Sodium Chloride)	80 mg	3%	160 mg	7%
Potassium (as Potassium Citrate)	47.5 mg	1%	95 mg	2%
L-Citrulline (Kyowa Quality*)	3000 mg	†	6000 mg	†
Astrolyte™ Electrolyte Blend	775 mg	†	1550 mg	†
Fructooligosaccharides, Magnesium Citrate, Sodium Chloride, Potassium Citrate				
L-Ornithine Hydrochloride	750 mg	†	1500 mg	†
L-Arginine (Kyowa Quality*)	600 mg	†	1200 mg	†
L-Glutathione Reduced (N-(N-L-gamma-Glutamyl-L-cysteinyl) glycine as Setria*)	100 mg	†	200 mg	†
Low-Molecular Weight BioActive Peptides (as VasoDrive-AP™)	50 mg	†	100 mg	†
Astragin® (Astragalus membranaceus and Panax Notoginseng) [Root] Extract	12.5 mg	†	25 mg	†

† Daily Value (DV) not established

At the bottom of the label, there are logos for: Astrolyte (ONLY ELECTROLYTE), VasoDrive (FOR BLOOD FLOW), Amino (FOR AMINO REPLENISHMENT), Setria (TO INCREASE PUMP), and Nitrix (PUMP TO PUMP).

Glaxon Plasm Surge Candy Cane Ingredients:
same label, crazy new flavor

Our primary nitric oxide booster, which converts to L-arginine that subsequently generates more nitric oxide in the plasma. This leads to a vasodilation effect that expands blood vessels and improves blood flow and nutrient delivery.

- **Astrolyte Electrolyte Blend – 1550 mg**

Glaxon's hydration complex that provides electrolytes along with a unique ingredient (*fructooligosaccharide*, or *FOS*) that improves mineral absorption. It's discussed in detail in our article titled *Glaxon Astrolyte: Hydrating Electrolytes That Do More*.

- **L-Ornithine Hydrochloride – 1500 mg**

An endurance-boosting amino acid that binds to ammonia *and* releases more citrulline in the process.

- **L-Arginine – 1200 mg**

The nitric oxide precursor that synergizes with citrulline, which prevents arginine's breakdown, to improve nitric oxide production more than using citrulline alone.



Yep, it's real!

- **L-Glutathione Reduced (N-(N-L-gamma-Glutamyl-L-cysteinyl) glycine) – 200 mg**

A more bioavailable form of glutathione, a key antioxidant in the body, that's able to prolong nitric oxide levels.

- **Low-Molecular Weight BioActive Peptides (as VasoDrive-AP) – 100 mg**

A combination of two peptides found in casein protein that are able to decrease blood pressure through ACE inhibition.

- **AstraGin (Astragalus membranaceus and Panax Notoginseng) [Root] Extract – 25 mg**

Everyone's favorite ingredient absorption booster that increases gut permeability and leads to better overall absorption of amino acids such as citrulline and arginine.

Again, you can read the full story in our article titled *Glaxon Plasm Surge: A Non-Stim Pre Workout That's Out of This World.*

Other flavors available

Does the formula sound great but Candy Cane's not for you (or it's no longer available)? Then see PricePlow's list of known flavors below:



Want better breath during your workout?!

Stacking options

If you're staying stimulant-free, consider attacking the pumps even harder with *Plasm Caps* and/or adding *Thermal* for more thermogenesis and fat burn. We're also a big fan of *Hybrid* if you want to get "alternate energy" going.

But if you're just using this to top off your stim-based pre-workout, then of course consider it with *Specimen* or even *Specimen G.F.Y* to really take them to the next level. Weight loss dieters who are using *Slyce* should also use *Plasm Surge* instead of *Specimen*.

During your training session, *Xeno Amino* is a great intra-workout supplement to take to keep you going long and strong.

Candy Cane Pre-Workout? Why not?



The Glaxon Plasm Surge Stack from @iamGlaxon

On one hand, you may be cautious when seeing a pre-workout supplement that's *not* a traditional fruity flavor. But on the other hand, you've got all year to drink fruit punch pre workout – why not try something different? Especially if that "something different" leaves you with great breath!

We've always loved *Plasm Surge* for its usage of both citrulline *and* arginine, the latter of which went out of vogue, but actually synergizes quite well with the former. Ornithine is an ingredient that we expect to see more of, but don't – it not only stops ammonia in its tracks, but converts it to more *beneficial* citrulline, swinging the pendulum back extra hard.

But ultimately, today we're here for the flavor, and can always count on companies like Glaxon to give us something *different*... which they most definitely have.

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