

# iSatori Morph Xtreme Brings Energy & PUMPS to iSatori Pre Workouts!

written by Mike Roberto | September 28, 2017



iSatori is jumping back in the headlines after releasing their new monster pre workout Morph Xtreme that's bringing a whole lot of energy and pumps.

iSatori is a unique brand that went “all in” over the past few years on their bioactive peptide / colostrum supplement, Bio-Gro. While that was a hot seller, its inclusion in the now-defunct Pre-Gro and Pre-Gro Max didn't generate as much buzz online, likely due to too heavy of proprietary blending.

In the meantime, we hadn't heard much from the brand, but they *have* been at work, resurrecting an older product line. Back in the day they had a *capsule*-based pre workout named Morph, but it's long been discontinued. Now iSatori has jumped right back on our radar with the release of **Morph Xtreme**.

This is a *mostly* open formula pre workout supplement that has almost nothing in common with Pre-Gro, Pre-Gro Max, or the original Morph – it's actually well-disclosed and well-dosed, a few ingredients at the end.

The quick disclosure on the energy blend, though? 350mg caffeine and 3.2mg yohimbine alongside 7g carbs! So this one might be not be for the yohimbe-sensitive, but yohimbe-lovers should enjoy it because that's 2x the 'standard' dose.

All the details on iSatori's new monster pre workout are below, but before we get there, take a moment to check the best deal and sign up for alerts from PricePLOW:

## iSatori Morph Xtreme – Deals and Price Drop Alerts

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## Morph Xtreme Ingredients

Morph Xtreme is packing a massive scoop size chock full of ergogenics that will significantly boost energy, focus, pumps, and motivation. Provided you can handle the **350mg caffeine per scoop**, you should be in store for quite an amped up training session.

- **Max Pump / Plasma Expansion Matrix**
  - **Citrulline Malate (7g)**

**DISCLAIMER FOR BSL:** As a dietary supplement, adults may use one serving (1 scoop) of MORPH XTREME with 12 to 20 oz. of cold water 30 minutes prior to your workout. MORPH XTREME is a high-stimulated formula. MORPH XTREME can be used on its own or with other iSatori supplements that do not contain caffeine or other stimulants. To be used as part of a resistance training program.

## Supplement Facts

Serving Size: 1 Level Scoop (28g)  
Servings Per Container: Approx. 20

	Amount Per Serving	% DV
Calories	25	
<b>Total Carbohydrate</b>	<b>7g</b>	<b>2%</b>
Sugars	1g	-
<b>Vitamin C (as Ascorbic Acid)</b>	<b>125mg</b>	<b>139%</b>
<b>Vitamin B6 (as Pyridoxine HCl)</b>	<b>10mg</b>	<b>58%</b>
<b>Vitamin B12 (as Methylcobalamin)</b>	<b>10mcg</b>	<b>41%</b>
<b>Magnesium (as Magnesium Creatine Chelate)</b>	<b>200mg</b>	<b>6%</b>
Sodium	5mg	<1%
<b>MORPH XTREME Performance Blend*</b>	<b>22.30mg (79.3%)</b>	<b>-</b>
<b>Max Pump   Plasma Expansion Matrix*</b>	<b>6.67mg (1.8%)</b>	<b>-</b>
Citrulline Malate	700mg	-
Residual Stabilized Arginine Silicate (Nitrosigine®)	100mg	-
Ashwagandha Root (Withanolide-Free) Extract	25mg	-
Tea Tree Oil (Eucalyptus globulus) Extract (Astringent)		-
<b>Strength   Muscle   Endurance Complex</b>	<b>1.200mg (3.2%)</b>	<b>-</b>
Beta Alanine (H+ Beta Alanine®)	200mg	-
Magnesium Creatine Chelate (Creatine MagnaPower®)	250mg	-
Betaine Anhydrous	150mg	-
<b>Instantized 2:1:1 BCAA Recovery   Performance Blend</b>	<b>4.875mg (1.4%)</b>	<b>-</b>
L-Leucine/L-Leucine HCl (Leucine™)	200mg	-
L-Isoleucine/L-Isoleucine HCl	100mg	-
L-Valine/L-Valine HCl	100mg	-
L-Alanyl-L-Glutamine (L-Glutamine™)	25mg	-
<b>CBRE Energy   Focus   Cognition Matrix</b>	<b>2.800mg (7.9%)</b>	<b>-</b>
Taurine	200mg	-
Choline Bitartrate	500mg	-
Caffeine Anhydrous	100mg	-
Yohimbe (Corynanthe yohimbe schantzii) Extract (supplying 3.2mg Yohimbine)	40mg	-
<b>Extended Energy Blend</b>	<b>161mg</b>	<b>-</b>
<small>Siliciumdioxide, Theacrine (teaCrave®), Ashwagandha (Root) Extract (Withanolide-Free) (KSM-66™), Cordyceps (Cordyceps sinensis), L-Lysine, Holy Basil (Leaf) (Ocimum sanctum) Extract, Reishi Mushroom (Ganoderma lucidum) Extract.</small>		

Percent Daily Values (DV) are based on a 2000 calorie diet. \*Daily Value not established.

**OTHER INGREDIENTS:** Water, Natural and Artificial Flavors, Malto-dextrin, Silica, Sucralose, Acesulfame Potassium, Calcium Carbonate, FD&C Yellow #6.

Morph Xtreme is a semi-transparent label that mostly delivers the goods, though we could do without the under-dosed extended energy blend at the bottom.

There's one thing we can state for certainty with iSatori's new pre workout, it will be STRONG on the pumps. Leading off the pump / plasma expansion matrix, Morph Extreme contains a sizeable 7g dose of citrulline malate which is right smack dab in the middle of the recommended 6-8g we like with the ingredient.

Citrulline malate is a powerful nitric oxide booster and performance enhancer that delivers massive pumps along with a noticeable increase in stamina and endurance.[1,2]

Right off the bat, iSatori has bested Pre-Gro and Pre-Gro Max! But that's not all:

- **Nitrosigine (1g)**

For years, arginine was promoted as the be-all, end-all nitric oxide boosting supplement. Well, as it turns out arginine has poor bioavailability when ingested orally, and has since been replaced by more bioavailable forms such as citrulline malate.

However, in recent years, researchers have developed an improved form of arginine called Nitrosigine which offers superior bioavailability and has been shown to elevate nitric oxide levels acutely as well as increase *baseline levels* for a period up to 14 days.[3]

We normally see this at 750mg per scoop as the 'minimum', and iSatori has

bested that too!

- **AstraGin (25mg)**

AstraGin is a proprietary, patented complex of astragalus and panax notoginseng created by NuLiv Science. It's been shown to enhance bioavailability of ingredients, such as citrulline and arginine, both of which are found here.[4]

- **Strength / Muscle / Endurance Complex**

- **Beta Alanine (3.2g)**



iSatori athlete Mike Lee is going to have *no* problems getting a pump with Morph Xtreme when he reviews it!

Beta alanine is a well-known and extensively researched endurance-boosting supplement. It's included to help you beat back the burn that hits your muscle during training by buffering acidic ions that accumulate in your muscles while lifting.[5,6,7,8]

Be warned though, this 3.2g dose is going to bring some serious tingles for those of you not saturated with the ingredient.

Once you feel the tingles, get moving, your workout has begun!

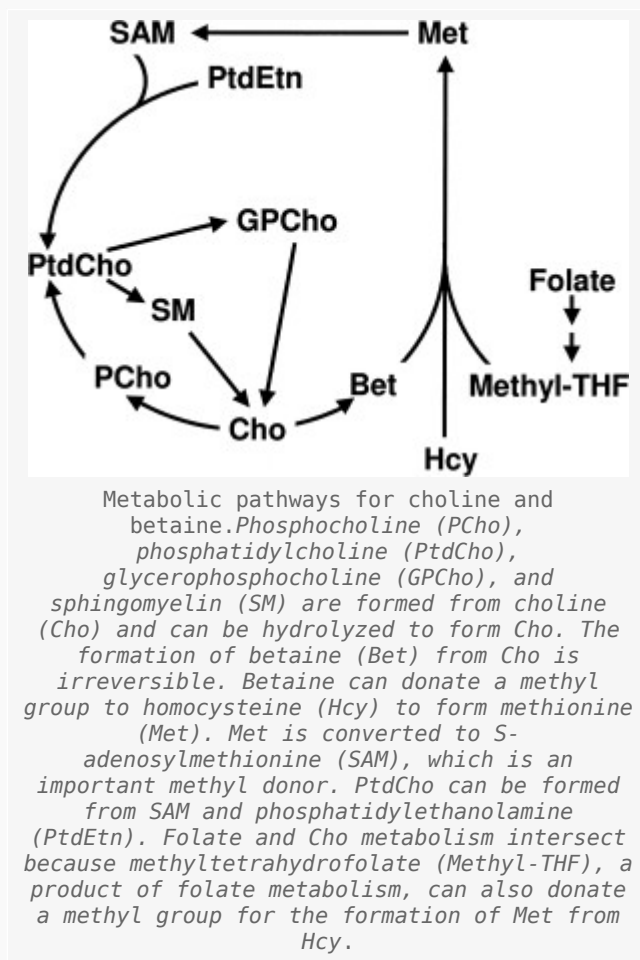
- **Creatine MagnaPower (2.5g)**

Also known as Magnesium Creatine Chelate (MCC), Creatine MagnaPower is one of the popular monohydrate alternatives used in pre workouts due to its superior mixability. You're getting 2.5g of your daily recommended 3-5g here, so you may want to consider adding some more to your pre workout or

post workout shake.

Given how much we realize that everyone is low on magnesium, we're high up on this form of creatine lately. Just realize that it's not a full 2.5g of creatine (due to magnesium taking up some room) and that you will still want a dash more creatine elsewhere.

- **Betaine (1.5g)**



Another well-documented ergogenic, betaine is another osmolyte / cell volumizer like creatine, that also plays a role in homocysteine regulation in the body. Better still, betaine synergizes with creatine to enhance its production in the body, further enhancing your strength, performance, and lean mass gains.[9,10]

The clinically-studied dose of betaine is 2.5g, so you can either get a bit more bulk powder or rely on an intra or post workout to get you there, if you're striving for everything you can get.

- **Instantized 2:1:1 BCAA Recovery / Performance Blend**

- **2:1:1 BCAA (4g)**

BCAA are the topic of much debate these days, and while they've been dismissed as a worthwhile "muscle building" ingredient, they do offer the ability to enhance your performance by increasing muscular endurance.[11,12] You're getting 4g of 2:1:1 BCAAs in Morph Extreme which means you'll get 2g Leucine and 1g each Isoleucine and Valine per serving.

On our YouTube channel, Mike has recently shown that the BCAAs are *not* bad news for keto dieters like himself, so long as they don't add in too much other stuff like glutamine, so there are some new benefits of BCAAs coming that some dieters may not have taken advantage of.

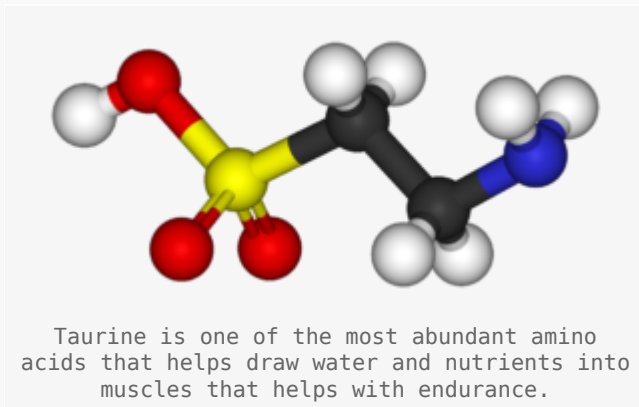
- **Sustamine (25mg)**

Sustamine is an enhanced form of glutamine that combines the amino acid alanine with glutamine to form L-Alanyl L-Glutamine. By "enhanced", we mean that this form of glutamine is able to survive the stomach and actually deliver on the recovery-boosting properties of glutamine.

Unfortunately, you need 1-2g of Sustamine to really notice the enhanced recovery.[13,14]

- **CORE Energy / Focus / Cognition Matrix**

- **Taurine (2g)**



Taurine is a conditionally essential amino acid found throughout the brain, heart and muscle. In skeletal muscle, it functions as a cell volumizer attracting water and nutrients into muscle cells.[15] This enhances hydration and supports "water-based" pumps. Other research has shown that taurine can also reduce delayed onset muscle soreness (DOMS)[16] as well as heighten focus.[17]

- **Choline Bitartrate (500mg)**

Choline is one of our favorite focus enhancers. The bitartrate form is one

of the less expensive and less bioavailable forms, which is why it usually requires a pretty high dose (1-3g) to significantly enhance acetylcholine production, ultimately boosting focus and strengthening the mind-muscle connection.[18]

The good news is that we usually start feeling it at the 500mg dose, although it's the next two ingredients you'll really be feeling:

- **Caffeine (350mg)**



### WHAT IS MORPH<sup>®</sup> XTREME AND HOW DOES IT WORK?

MORPH<sup>®</sup> XTREME is a full featured, powerful, single scoop, 7-in-1 pre-workout that tastes absolutely delicious! It is fortified with 4 grams of Branched Chain Amino Acids (BCAAs) in a researched 2:1:1 ratio to help maximize performance and recovery. The industry-leading synergistic ingredient profile works together to maximize your physiological response to training, promoting energy, focus, strength, pump, recovery, endurance and muscle!<sup>^</sup>

Here's a little bit more info on Morph Xtreme direct from iSatori HQ

iSatori isn't messing around with the energy portion of Morph Xtreme. Each scoop of the pre workout is going to hit you up front with **350mg caffeine anhydrous**. This will give you a strong kick in the ass to get in the gym and get to work ASAP.

- **Yohimbe (40mg)**

To further increase your energy and drive, iSatori has added in 40mg worth of yohimbe extract that supplies **3.2mg yohimbine**. This is going to be a make or break ingredient for many of you, as some people love the "Y" and others can't stand it.

Most other products play it safe with 1.5mg, which tries to please everyone. This doesn't necessarily do that – 3.2mg yohimbine is enough to make a yohimbe-lover pretty happy but enough to scare off a yohimbe-hater who's just too sensitive.

There's no denying that yohimbine is an incredibly powerful stimulant that also helps fight "stubborn fat". Provided you can handle this ingredient, you'll be well rewarded with a significant boost in focus, energy, and motivation.[19]

Our take? We love this dose. Bring it on.

- **Don't miss the 7g carbs**

One thing to note is that there's **7g carbs** in this formula, primarily driven from the *Waxy Maize* in the "Other Ingredients" section. This provides just 25 calories, but may work to enhance your performance and pumps – if only for a little bit while you burn it off.

Even if you're a low-carber or keto dieter, *don't fear the pre workout carbs!* This is the time to get some in.

- **Extended Energy Blend (167mg)**

Lastly, Morph Extreme contains a rather extensive list of ingredients intended to promote long lasting energy. In our opinion, the amount of ingredients here combined with the relatively small blend size means you're probably not getting the full clinically-backed doses of these ingredients.

While the ingredients listed ahead do promote long-lasting energy and some adaptogenic benefits, given the small size, we can't say with certainty you'll notice much from it.

The ingredients contained in Morph Extreme's Extended Energy Blend are:



- Glucuronolactone
- Theacrine
- KSM-66 Ashwagandha



- Cordyceps Sinensis
- L-Tyrosine
- Holy Basil
- Reishi Mushroom

The primary energy and focus you'll get from Morph will come from the previous "CORE" matrix, this might add a dash extra, but nothing too overwhelming. It's *possible* you'll feel the theacrine, but the only way you'd get enough of a dose of that is to have everything below it is minuscule. So don't bank on the Ashwagandha or tyrosine to do anything.

The best possible case here is that glucuronolactone is small enough to get a good dose of theacrine, but after that, you're going to be nearly out of room. If you can get 50mg out of the first three, consider it a win, and chalk the rest up to the fairy dusting Gods.

Given the pump side of things, this is still an exciting formula from team iSatori though!

## On the Formula

Seeing the considerable step up in quality from iSatori with this newest product, we had to reach out to the brand and see what went into creating Morph Xtreme:

*"With MORPH XTREME, we wanted to deliver a formula that was a quantum leap beyond the norm. We identified the perfect workout as having seven components including: 1) Energy, 2) Focus, 3) Pump, 4) Strength, 5) Recovery, 6) Muscle and 7) Endurance. The strength of the MORPH XTREME formula is that it does not compromise in any of these areas – the formula is complete and powerful. We're incredibly excited to usher in a new era of pre-workout/performance supplementation that can be used by focused lifters and athletes in all disciplines."*

*Craig Stevenson – VP Marketing FitLife Brands | iSatori"*

## Flavors Available



Morph Xtreme is launching in two delicious flavors – Bombsicle and Orange Mango...two of our favorite flavors.

When Morph Extreme launches, it will be available in two flavors: **Orange Mango** and the current darling of the industry **Bombsicle**. Additionally, flavors may be in the works, but we'll have to wait for confirmation on that from iSatori.

## Takeaway

iSatori may have been off our radar for awhile, but if Morph Xtreme is any indication of the direction the brand is currently going, then we better start paying a little more attention to what these guys are doing again. We never saw a huge purpose of putting Bio-Gro in everything, we wanted stuff like higher citrulline doses and more aggressive stims.

Overall, Morph Xtreme will be ideal for those looking for high energy and monster pumps but don't want to mess with "more aggressive" stimulants or PEA agents. iSatori instead brings in a more serious yohimbe dose, which will be polarizing, but we think it'll feel great.

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