

Jacked Factory PumpSurge: Pumps & Focus from the ALTIUS Crew

written by Mike Roberto | November 30, 2017



Looking to enhance pumps and focus while training without the stims? Check out the new nootropic and nitric oxide fueled stim free pre workout from Jacked Factory – PumpSurge.

Jacked Factory first caught our attention over two and a half years ago when we came across their heavy-hitting, clinically dosed pre workout **Altius**. Long before transparency and clinical dosing became popular, the guys at Jacked Factory were doing their part to ensure you got the best workout possible from some of the most effective ingredients possible.

Well, the brand is back again with another pre workout – is it time to shake things up on Amazon once again? We believe so.

This one is stimulant free, but packing some serious pumps and focus enhancement. **PumpSurge** is the newest stim-free pre workout packing an impressive dose of L-Citrulline along with a host of other proven ergogenics.

We've got more info below, but first, take a moment to check the best deal and sign up for PricePlow alerts:

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PumpSurge Ingredients

PumpSurge includes an interesting mix of pump enhancing ingredients alongside a collection of nootropics that provide optimal neurotransmitter balance for sustained focus whether you're training morning, noon, or night.

- **L-Citrulline (4g)**



PumpSurge uses a mix of potent nitric oxide boosting compounds and nootropics to enhance pumps and focus while training.

Citrulline is the leading nitric oxide boosting ingredient used in pre workouts today. It's been shown to be significantly better than arginine and sets the stage for some epic pumps during your workout. On top of that, citrulline also improves ATP efficiency, blood flow, and nutrient delivery to working muscles, thus enhancing performance and stamina.[1,2,3]

Good start. Now let's make some gains:

- **Betaine Anhydrous (2.5g)**

Derived from choline, **betaine** is a proven muscle and strength-building

ingredient that enhances the body's production of creatine via methylation homocysteine. Betaine has also been shown to enhance cellular hydration due to its actions as an osmolyte.

Studies on betaine have been shown over and over to increase strength, power, lean mass, and performance.[4,5] We're getting the **full clinically-backed 2.5g dose** of betaine, which was also included in Altius.

- **HydroMax (1.25g)**



Mix one scoop PumpSurge by itself or with your favorite stim based pre workout for supreme focus and performance.

HydroMax is the well-known high yield form of **glycerol** used in pre workouts to enhance cellular hydration, stamina, and endurance. HydroMax is 65% glycerol by mass, substantially more than glycerol monostearate (GMS). Glycerol transforms your muscle cells into highly absorbent sponges that soak up extra water, thereby improving hydration and yielding some nice water-based pumps.

So make sure you *hydrate* and drink plenty of water with PumpSurge – You'll get better effects from it that way because of the glycerol!

- **Rhodiola Rosea (200mg)**

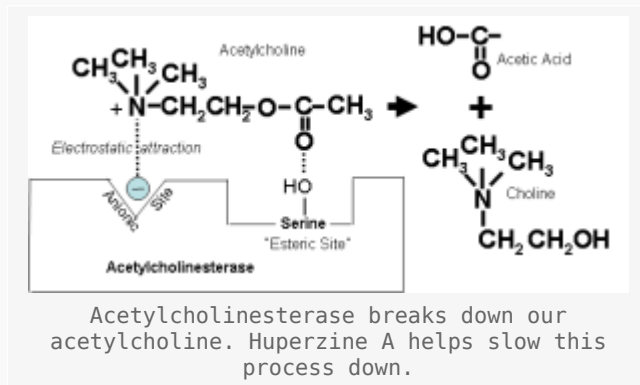
Rhodiola Rosea is a staple of Ayurveda prized for its ability to help the body deal with all sorts of physical, emotional, and psychological stressors. The potent herb also aids catecholamine homeostasis, meaning it balances neurotransmitter levels of norepinephrine, dopamine and serotonin.[6,7]

Far too often focus-boosting formulas only enhance acetylcholine levels without targeting these other crucial neurotransmitters, but including Rhodiola ensures all of your neurotransmitter levels are enhanced for superior focus while training.

In the overall supplement industry, Rhodiola has fallen a touch out of favor

compared to ashwagandha, but the one place where rhodiola still seems to really help ramp users up is in the *pre-workout* category. So it's great to see Jacked Factory sticking with the winner here.

- **Alpha GPC (100mg)**



Speaking of acetylcholine, PumpSurge includes one of the premier forms of choline supplement on the market in **Alpha GPC**. This highly bioavailable form of choline enhances acetylcholine (the “learning neurotransmitter”) levels in the body which bolster focus and reinforce the highly important mind-muscle connection.[8,9,10]

The issue we have here is that the dosing is definitely on the lower side for what we like to see from Alpha GPC. Typically, we want a minimum of 250mg Alpha GPC to get the noticeable increase in focus and concentration.

Note: Jacked Factory hasn't disclosed if this ingredient is 100mg of actual Alpha GPC, or 100mg of 50% Alpha GPC (thus making it 50mg). Confirm with the manufacturer if concerned, and we will update this post if there is clarification.

But, some extra help for acetylcholine production might come via the last nootropic in PumpSurge, which is...

- **Huperzine A (50mcg)**

Huperzine A indirectly elevates acetylcholine concentrations by inhibiting acetylcholinesterase, the enzyme that degrades acetylcholine.[11] Adding huperzine on top of the 100mg dose of Alpha GPC provides a 1-2 punch for increased acetylcholine production in the body.

- **Bioperine (5mg)**

PumpSurge includes 5mg of the patented black pepper extract Bioperine to enhance absorption of all the other pump and brain-boosting compounds

contained with in.

Flavors Available



Jacked Factory has launched PumpSurge with a single flavor **Cherry Limeade**. As always, **Jacked Factory supplements do not contain any artificial dyes or fillers**, but there *is* some sucralose and Ace-K included for flavoring.

Takeaway

PumpSurge is the latest in a *surge* we've seen lately of stimulant free pre workouts that are infused a healthy dose of nootropics. The workout doses are on point, but the focus doses are a touch to the low side for our tastes.

But if adding this to your stack for a crazy super pumped up day, the synergy of the included nootropics may provide the ideal boost in focus the stim-free crowd is looking for headed into the gym.

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