

Kaged Muscle Stim-Free Pre-Kaged Kicks the Caffeine

written by Mike Roberto | March 17, 2020



When **Kaged Muscle** first launched its comprehensive pre workout supplement, *Pre-Kaged*, it instantly became a hit. It was one of the most well-rounded formulas to enter the market, covering focus, energy, pump, and power. It was also ahead of the curve with natural coloring, a natural flavor system, and mostly natural sweetening. Even today, Pre-Kaged remains as a top selling pre workout, so it has truly stood the test of time. This is no surprise, since Kaged was not willing to put out underdosed supplements or use inferior supplements from day one.

Kris Gethin, CEO of Kaged Muscle, was on a mission to create supplements that guaranteed results. He only used ingredients backed by research – at clinical dosages – that were rigorously tested for safety and purity. Needless to say, Kaged was ahead of their time and the industry is still trying to catch up. The brand has been a bit quiet for the beginning of 2020, but that's all about to change, starting with the launch of this highly anticipated product.

Stim Free Pre-Kaged: Dumps The Caffeine, But Still Delivers!

CLEAN, FULLY DISCLOSED FORMULAS



With Kaged Muscle, you can always count on fully disclosed formulas every time.

It's been a long time coming for Kaged Muscle, but a **Stim Free Pre-Kaged** is finally here! Although there's no more caffeine, it still features practically the same ingredients we all know and love from the original Pre-Kaged. This means the two pre workout powerhouses can be easily stacked together, allowing you to customize your stimulant intake while still getting full dosages of all the other beneficial ingredients.

Not only does it allow you to better control your caffeine intake, it's also great for evening training sessions! We all know after work, between 5-7pm, is primetime for gyms! Although a high dose of stims will definitely give you an energy boost to hit a training session, taking it that late in the day can be very detrimental to sleep. This is due to caffeine's long half-life, which means it stays in your system for hours after ingestion.

Poor sleep quality can quickly lead to negative health and performance effects. However, a pre workout is meant to do so much more than just give you a boost of energy, and that's why having a well dosed stim free option is ideal to still get the most out of your workouts.

In this post, we're going to analyze the formula for Stim Free Pre-Kaged, to give you insight on the benefits, science, and uses of this product. PricePLOW is stoked to see it finally come to life, and Kaged has much more on the way, so

make sure to sign up for our Kaged Muscle news and deal alerts!

Kaged Muscle Pre-Kaged Stimulant-Free – Deals and Price Drop Alerts

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Stim Free Pre-Kaged Ingredients

If you've ever had the original Pre Kaged, you know the serving size is absolutely massive, and that hasn't changed with the stim free version. It has all the raw materials you need to have a killer training session. Kris Gethin wanted to create the most comprehensive stimulant free pre workout on the market, so why stray too far away from the stimulant version?

They really only took out the caffeine, but kept all the active ingredients that give you a wicked pump, promote muscle protein synthesis, aid hydration, and increase focus. You can be sure Stim Free Pre-Kaged has everything you need and nothing you don't.

One serving of Stim Free Pre Kaged weighs in at a hefty 31.1g and here's what it delivers:

- **Pro-Pump**
 - **L-Citrulline – 6.5g**

Supplement Facts

Serving Size: 31.1 g (approximately 1 scoop)

Servings Per Container: about 20

	Amount per serving	% Daily Value†
Calories	15	
Sodium	85 mg	4%
Total Carbohydrate	3 g	1%
Total Sugars	1 g	
Includes 0g of Added Sugars		0%
Niacin (as Niacinamide)	30 mg	185%
Vitamin B6 (as Pyridoxine Hydrochloride)	25 mg	1470%
Vitamin B12 (as Methylcobalamin)	500 mcg	20833%
PRO-PUMP™		
L-Citrulline (fermented)	6.5 g	‡
MUSCLE FUEL MATRIX (3.5g)		
L-Leucine (fermented)	1750 mg	‡
L-Isoleucine (fermented)	875 mg	‡
L-Valine (fermented)	875 mg	‡
ANABOLIC ACTIVATOR		
L-Leucine (fermented)	3 g	‡
STRENGTH & POWER MATRIX		
BetaPower® (Betaine)	2.5 g	‡
CarnoSyn® (Beta-Alanine)	1.6 g	‡
Patented Creatine HCl® (Creatine hydrochloride)	1.5 g	‡
HYDRATE & DEFEND		
Coconut Water Powder (Cocos nucifera) (fruit)	500 mg	‡
SPECTRA™ Total ORAC Blend	100 mg	‡
<small>Consisting of green coffee extract (Coffea arabica) (bean), green tea extract (leaf), broccoli sprout concentrate (sprout), onion extract (bulb), apple extract (fruit), acerola extract (fruit), camu camu concentrate (fruit), quercetin (Sophora japonica L) (flower), tomato concentrate (fruit), broccoli concentrate (flower and stems), acai concentrate (Euterpe oleracea mart) (fruit), basil concentrate (leaf), cinnamon concentrate (Cinnamomum cassia/burmanni blend) (bark), garlic concentrate (clove), oregano concentrate (leaf), turmeric extract (rhizome), carrot concentrate (root), elderberry concentrate (Sambucus nigra) (fruit), mango stem concentrate (fruit), blackberry concentrate (fruit), blackcurrant extract (fruit), blueberry extract (fruit), chokeberry concentrate (Aronia melanocarpa) (fruit), raspberry concentrate (berry), sweet cherry concentrate (fruit), spinach concentrate (leaf), kale concentrate (leaf), bilberry extract (fruit), brussels sprout concentrate (Brassica oleracea gemmifera) (sprout).</small>		
NEURO MATRIX		
Taurine	2 g	‡
N-Acetyl-L-Tyrosine	1 g	‡
L-Tyrosine	850 mg	‡

† Percent Daily Values are based on a 2,000 calorie diet.

‡ Daily Value not established.

Other Ingredients: Natural flavors, malic acid, citric acid, beet root extract (color), sea salt, stevia extract, sucralose, sunflower lecithin, silicon dioxide, calcium silicate.

CONTAINS: TREE NUTS (COCONUT)

Directions: Mix one scoop with 16–20 ounces of cold water in a shaker bottle 30–45 minutes before workout. Continue to shake bottle lightly between sips and drink entirely within 25 minutes of mixing.

A 31g serving size full of active ingredients to give you everything you need for a great workout.

This formula starts out strong with a generous dose of **L-citrulline** at 6.5g, which is nearly twice the clinically-studied amount. Most people are used to seeing 6-8g of Citrulline Malate, which yields around 3-4g of pure L-citrulline, so you can see this is a *massive* dose!

L-citrulline is a very common addition to pre workout supplements because of its ability to boost nitric oxide (NO) levels.[1,2] NO is produced by arginine metabolism via *nitric oxide synthase*. Along with NO, citrulline is also created and can be recycled to form arginine again, thus repeating the process.[1,2]

It used to be common to see L-arginine in supplements instead of citrulline, which seemed to make sense, since that's the main molecule used to create NO. However, researchers have now concluded that citrulline is superior to boosting arginine levels than arginine itself! [3] This is due to an issue commonly seen with oral supplementation, which is poor bioavailability and absorption due to the first pass effect. [3]

Essentially through digestion, arginine gets broken down to such an extent that the body cannot properly utilize it for NO synthesis. [3] However, citrulline is able to bypass this problem and sufficiently boost arginine levels greater downstream. Ultimately, citrulline can increase NO production, thus leading to improved blood flow, nutrient delivery, and removal of metabolic waste products. [1,2] So not only will you get better pumps, but also a boost in performance!

- **Using *fermented* amino acids**

Kaged Muscle uses **fermented amino acids** for the citrulline and BCAAs below. Kris Gethin is the real deal when it comes to quality, purity, and *ethics* – and with fermented amino acids, you get all of those. Reason being, fermented aminos are *plant*-based, unlike others from synthetic sources or things like animal hair or feathers.

In addition, Kris has stated that he believes this helps with absorption and gut health, something he's a proponent of and can "feel" when things aren't going optimally.

Again, 6.5g here is a monster dose to this day. Kris and team were *well* ahead of the curve on this one.

- **Muscle Fuel Matrix – 3.5g**

For the *Muscle Fuel Matrix*, Stim Free Pre-Kaged uses all three branched chain amino acids (BCAAs) in the research backed ratio of 2:1:1. This means each serving delivers *1,750mg of leucine, 875mg of isoleucine, and 875mg of valine* – once again, all *fermented*.

BCAAs are a staple product for several gym goers because they provide a host of benefits, including stimulating muscle protein synthesis, delaying the onset of fatigue, improving fat loss, and preventing excess muscle breakdown. [4-6] Thus adding in a few grams of BCAAs can help enhance performance and recovery, so you're ready for the next workout!

- **Anabolic-Activator**

L-Leucine – 3g

PREMIUM QUALITY

FORMULATED WITH PREMIUM, PATENTED, SCIENTIFICALLY TESTED INGREDIENTS

6.5 GRAMS Fermented BCAAs

6.5 GRAMS Fermented L-Citrulline

2 GRAMS BetaPower® Betaine Extract

1.6 GRAMS CarroSyr® Beta Alanine

1.5 GRAMS Patented Creatine HCl

500 MG Coconut Water Powder

100 MG Spectra™ Antioxidants

Stim Free Pre Kaged is loaded and can easily be stacked with the original Pre-Kaged!

Kaged wanted to ensure you were getting the optimal dose of *leucine* by adding in another three grams on top of what's included in the Muscle Fuel Matrix. Leucine is the primary BCAA involved in stimulating muscle protein synthesis,[7] therefore getting enough is absolutely essential to see the best results.

Leucine has the unique ability to control the regulation of skeletal muscle protein synthesis through stimulation of the *mTOR (mammalian target of rapamycin) pathway*. [7,8] Although Stim Free Pre-Kaged has a hefty dose of leucine, it's still important to get a sufficient amount of protein throughout the day.

This just acts as an insurance policy to put you in the best environment to build muscle. It's also great for people on a vegan or vegetarian diet, since the majority of plant based protein sources lack a sufficient amount of leucine.

Now, let's look at what ingredients will help amplify your power and strength!

- **Strength & Power Matrix**
 - **BetaPower (Betaine) – 2.5g**

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First up in the *Strength & Power Matrix* is a clinically studied dose of **betaine** (as *BetaPower*). This is one of the only trademarked forms of betaine on the market, which helps ensure its purity, safety, and quality. BetaPower features *99% pure natural betaine anhydrous* derived from the molasses of *sugar beets*.^[9]

Betaine, also called *trimethylglycine*, is known for increasing performance by acting as a methyl donor within the body.^[10] Through *transmethylation*, it's able to lower *homocysteine* levels, which creates greater amounts of *methionine*, a precursor to creatine production. As a result, betaine can increase muscle protein synthesis and improve body composition.^[10]

Furthermore, research shows betaine can significantly boost hydration, strength, power, and endurance.^[10-12] Those strength and power studies were performed with 2.5g, which means we're getting a *clinical* dose here! Therefore, this is overall a great ingredient to include, and you know it's one of the highest quality forms, since Kaged uses BetaPower.

- **CarnoSyn Beta Alanine 1.6g**

Next up in the *Strength & Power Matrix* is an ingredient that not only has several long term benefits, but is one you'll really feel working quickly after ingestion. **CarnoSyn** is a patented form of *beta alanine*, which again ensures purity, quality, and safety. Kaged Muscle is all about ensuring the consumer is getting the best ingredients available, and this is a prime example of that.



Beta alanine is another tried and true performance booster, because of its ability to effectively increase *carnosine* levels within the skeletal

muscle.[13] Carnosine is synthesized from the combination of *beta alanine* and *l-histidine*, which plays a key role in the buffering of hydrogen ions. Therefore, greater levels of carnosine help delay the onset of fatigue, because there's less lactic acid build up within the working muscles.[14]

Several studies support beta alanine's use for improving performance in both aerobic and anaerobic exercise[13,14]. However, it's important to note that in order to get the most out of beta alanine, you need to reach a saturation point, thus daily supplementation is recommended.

- **Patented Creatine HCL (Creatine Hydrochloride) – 1.5g**

To round out the *Strength & Power Matrix* there is 1.5g of **creatine hydrochloride**. Besides caffeine, creatine is the most studied ingredient in sports performance. It's proven to be safe, effective, and is known as one of the most popular ergogenic aids.[15,16] Research shows it can sufficiently boost intracellular creatine levels, leading to increases in overall athletic performance.[15,16]



On a basic physiological level, creatine is involved in *ATP (adenosine triphosphate)* production via the *Phosphocreatine-ATP* metabolic

pathway.[15] When ATP gets broken down, it forms ADP (adenosine diphosphate), because it loses a phosphate group. ADP is essentially useless, thus creatine steps in to donate a phosphate group, resulting in more ATP (energy). Without ATP the body cannot function properly, let alone perform intense exercise.

As the name suggests, creatine HCL is a creatine molecule bound to hydrochloric acid. Although there are several forms of creatine available, Kaged is a fan of creatine HCL, since it may have slightly better absorption, bioavailability, and result in less gastric distress than other forms. Either way, creatine is one of the best supplements available to increase performance, so we're happy to see it included.

Need more? Get Creaclear!

Note, however, that 3-5g is the clinically-verified amount. Your creatine turnover (and how much you need to intake and supplement) will depend on your size and how much creatine-containing foods like red meat and poultry you eat.

If you want to be on the safe side, it's suggested to get at least another 1.5g per day in. Kaged Muscle has a *phenomenal* patented form of creatine called CreaClear that we highly recommend.

The next two ingredients included in stim free Pre-Kaged help promote hydration and protect your cells from free radical damage!

- **Hydrate & Defend**

- **Coconut Water Powder (Cocos nucifera) (fruit) – 500mg**



Coconut water powder is a commonly-used ingredient in sports supplements, and it was Kris Gethin who put it on the map in the sports nutrition world with Pre-Kaged. KM also utilize coconut water in powder in one of their top selling supplements, the incredibly popular *Hydra-charge*.

Coconut water powder is rich in electrolytes, which is the primary reason it's so effective at promoting hydration.[17] Not only is water essential for hydration, electrolytes help the body retain the water, and play a key role in regulating muscle contractions. Electrolyte imbalances can lead to major performance detriments, such as cramping and excessive fatigue.

Research shows coconut water is as effective at whole body rehydration as a carbohydrate-electrolyte beverage,[17] such as gatorade. This is a great ingredient to ensure you can perform at your best and avoid dehydration.

- **Spectra Total ORAC Blend – 100mg**

Hydration is covered with coconut water powder, which leaves the defense up to **Spectra**.

Spectra is a blend of several fruits, vegetables, and herbs formulated to help your body fight against free radicals and optimize cellular function.[18] It comes from one of the most leading formulators in the industry, *FutureCeuticals*.



Enhance Nitric Oxide and Defeat Reactive Oxygen Species (ROS) with just 100mg!

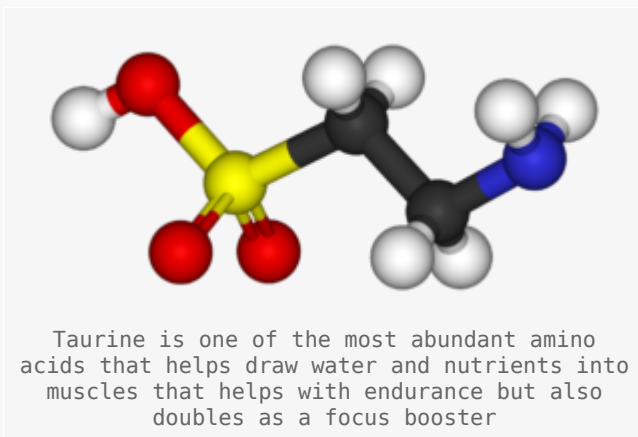
Inhibiting free radical production is crucial especially for resistance training, because as you stress the muscle it gets tiny microtears. As a result, an inflammatory response is produced and free radicals get released. An excess of free radicals can wreak havoc on healthy cells, which is far from ideal. Normally, your immune system is responsible for cleaning up the mess, but giving it an extra weapon with Spectra can be very beneficial.

A study done in 2014 found that Spectra supplementation significantly reduced reactive oxygen species secretion from cells and their mitochondria.[18] It also found Spectra was able to increase NO production,[18] which means more blood flow via vasodilation of blood vessels. Spectra is also included in Hydra-Charge as well, since it's benefits go beyond just performance.

The last blend of ingredients in Stim Free Pre-Kaged will give you laser focus to conquer even the most difficult training session.

• Neuro Matrix

• Taurine – 2g



PricePlow always loves seeing **taurine** in a pre workout, not only for its performance benefits, but also for its positive health effects. Taurine is involved in several physiological processes and can be found throughout the body. However, a large concentration of taurine resides in the brain, which explains why Kaged included it in the *Neuro Matrix*.

Research shows taurine plays an important role in *neurotransmission*, and insufficient intakes can lead to severe neurological disorders.[19] Therefore, it's no surprise that taurine supplementation can boost cognitive function and focus.

In addition to all that, taurine is effective at enhancing endurance performance,[20] and regulates multiple key metabolic processes, such as gene expression, energy metabolism, osmosis, and quality control of proteins.[21] As you can see, taurine is absolutely essential for optimal health and performance.

- **N-Acetyl-L-Tyrosine – 1g**

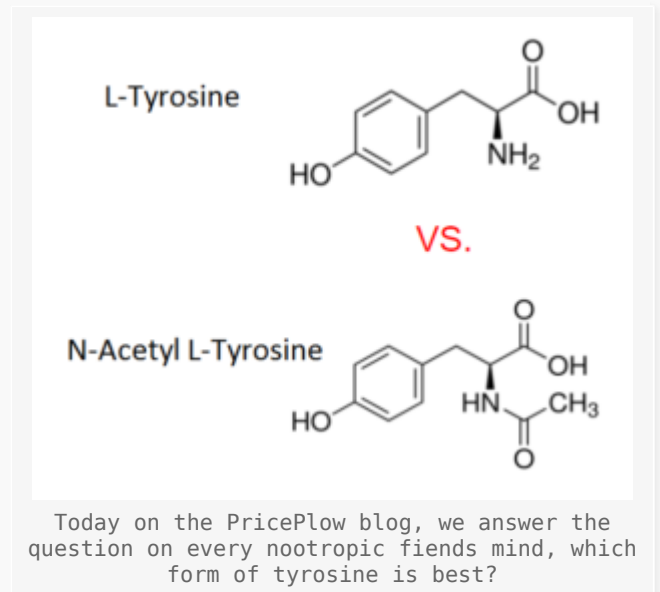
Stim Free Pre-Kaged features two forms of **tyrosine** to round out this comprehensive formula.



Before we jump into the two types, let's review what tyrosine is and why people supplement with it. In general, tyrosine is an amino acid used to *catecholamine neurotransmitters*,[22] think of *dopamine*, *epinephrine*, and *norepinephrine*. They tend to get depleted as we exercise, which leaves us feeling mentally fatigued.[22] Because of this effect, several pre workout and nootropic supplements include tyrosine to boost mental performance, focus, and clarity.

The first form of tyrosine in the Neuro Matrix is **N-Acetyl-L-Tyrosine (NALT)**, which means the l-tyrosine molecule is bound to acetyl group. Thus, in order for the body to fully use the tyrosine, it must first break the bond. NALT is effective at boosting endogenous tyrosine levels, however we must admit it's not the best form of tyrosine due to lesser absorption and bioavailability.[23] But we'll take that extra acetyl group in case it's needed in the brain, and the next ingredient makes up for it anyway!

- **L-Tyrosine – 850mg**



Based on the research, when it comes to *focus*, PricePLOW is a bigger fan of pure **L-tyrosine**, simply due to its superior bioavailability.[24] This means that more of the ingredient gets absorbed and becomes available for use, resulting in greater effects. We've always found this tyrosine combination to be interesting, and you'll likely see several benefits with the two.

Overall, Kaged Muscle stuck to the basics with Stim Free Pre-Kaged, which was a very smart move. As we mentioned, this perfectly stacks with the stimulant version of Pre-Kaged, allowing you to adjust your caffeine intake accordingly. More options and customization is always something we like to see, so well done Kaged Muscle!

Available Flavors



Look at those flavor crystals! Hydra-Charge's Fruit Punch is insanely good!!

Kaged Muscle has several delicious flavors for all their products, so you know Stim Free Pre-Kaged will be no different. Although they do use artificial sweeteners for the majority of their supplements, they use as *little as possible* by “front-loading” the sweetener mix with stevia. You will also always see natural colors and flavors on the label.

As discussed in the article titled *Above and Beyond: How the Kaged Muscle Flavoring System Works*, Kaged Muscle always goes the extra mile to produce superior products, and that’s been prevalent ever since they launched the line.

Here’s an up-to-date list of all Stim Free Pre-Kaged available flavors:

Stim Free Pre-Kaged Boosts Performance Without Stimulants

Kaged Muscle has become a leader in the industry for several reasons: they never sacrifice quality for cost, they use third party labs to ensure every products’ safety, quality and purity, and they simply make outstanding products.

A WADA approved supplement!



In addition to that, all of Kaged Muscle’s supplements are certified *banned substance free* by *Informed Choice* and *Informed Sport*. It’s great to see a brand that stands behind every supplement they create, and it shows just how committed Kaged is to giving you the best products on the market.

Stim Free Pre-Kaged is a great addition to the line, and something we’ve all

been waiting for. Although there are now several stimulant free pre workouts available, this one outshines several others. It has one of the largest serving sizes, which shows it's packed with everything you need to get the most out of your workout.

Moving forward, Kaged is ready to expand the line even more, they are all about giving their loyal customers more options. Stay tuned for what's to come from a company that's built on science, innovation, and performance. PricePlow will be your go to media source for all Kaged Muscle product releases, reviews, and news, so make sure to subscribe down below!

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