

Magnum OPUS: Intra Workout pHuel with a New Flavor

written by Mike Roberto | August 18, 2015



Magnum Nutraceuticals debuts a new flavor of their intra workout OPUS which combines amino acids, ergogenic aids, and hydration agents to maximize performance.

Magnum Nutraceuticals is unveiling a brand new flavor for their high-powered intra workout supplement, **OPUS**.

However, we wouldn't waste your time or valuable blog space only talking about this exciting new flavor, which happens to be the delicious-sounding *Orange Dreamsicle*.

We've got a *full* in-depth look at what makes OPUS a unique product that separates from so many other BCAA and intra workout products. What's the difference?

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Opus Ingredients

BETTER INGREDIENTS, BETTER RESULTS.®

Suggested use: Take 2 scoops daily 5-15 minutes prior to training or add it to your water bottle and drink while you train. **Directions:** Mix 1-2 scoops in 12-16oz of water.

Supplement Facts				
Serving Size: 1 level scoop (8.6g)				
Servings Per Container: 48				
	ONE SCOOP	% Daily Value	TWO SCOOPS	% Daily Value
Vitamin B1 (as Thiamine)	0.7mg	47%	1.4mg	93%
Vitamin B2 (as Riboflavin)	0.25mg	16%	0.5mg	29%
Vitamin B8 (as Pyridoxine)	5mg	250%	10mg	500%
Vitamin B12 (as Cyanocobalamin)	0.5mcg	8%	1mcg	17%
Pantothenic Acid	2.5mg	25%	5mg	50%
Calcium	280 mg	29%	576 mg	58%
Sodium	190 mg	8%	380 mg	16%
Potassium	15 mg	<1%	30 mg	1%
L-Leucine	2g	†	4g	†
Diets-Alanine	1.6g	†	3.2g	†
L-Citrulline Malate	1.5g	†	3g	†
Glycine	1.25g	†	2.5g	†
Calcium Bicarbonate	500mg	†	1g	†
Sodium Bicarbonate	400mg	†	800mg	†
Citric Acid	50mg	†	100mg	†
Alpha-Ketoglutarate	50mg	†	100mg	†
Malic Acid	50mg	†	100mg	†
Fumaric Acid	50mg	†	100mg	†
Succinic Acid	50mg	†	100mg	†
Sodium Phosphate	19.38mg	†	38.76mg	†
Potassium Phosphate	13.47mg	†	26.94mg	†
Dicalcium Phosphate	3mg	†	6mg	†
Magnesium Phosphate	1mg	†	2mg	†

† Daily Value not established.

Other ingredients: Natural and artificial orange flavors, silicon dioxide, calcium silicate, sucralose, orange color (FD&C #6 Yellow).

OPUS provides your body with the raw materials to ignite your anabolic furnace and keep it churning through the duration of your whole workout. Note the scoop/serving sizes – 1 for “budget” mode, 2 for “max” mode!

Opus is much different from your typical BCAA / intra workout supplement. It contains a unique mix of other amino acids, ergogenic aids and hydration agents to help you grind out those all important final muscle-building reps.

Important note regarding dosing: Below, we write what's in each scoop. But note that there are 48 scoops, and the preferred serving size is **two scoops**. So you can multiply everything by two if you want the max dosing. You can stick to 1.5 scoops for “budget mode”.

Opus used to contain a partial prop blend, but they've updated the label to make it now completely 100% transparent, something we're HUGE fans of here! We used to think we were getting plenty of the important ingredients in OPUS, but now we're definitely certain we like what we see:

- **Instantized L-Leucine (2g / 4g)**

Leucine is one of the three Branched-Chain Amino Acids (BCAAs), and perhaps the most heavily researched. It's known as the "anabolic trigger"[1].

Leucine kick starts the mTOR Pathway[2], which stands for Mammalian Target of Rapamycin, the all-important muscle-building pathway in the body.

Leucine is also heavily involved in energy metabolism and glucose uptake in the body.[3] Supplying your muscles with a healthy dose of leucine just prior or during your workout will provide them with the essentials they need to avoid going catabolic and set you on the path to a great workout.

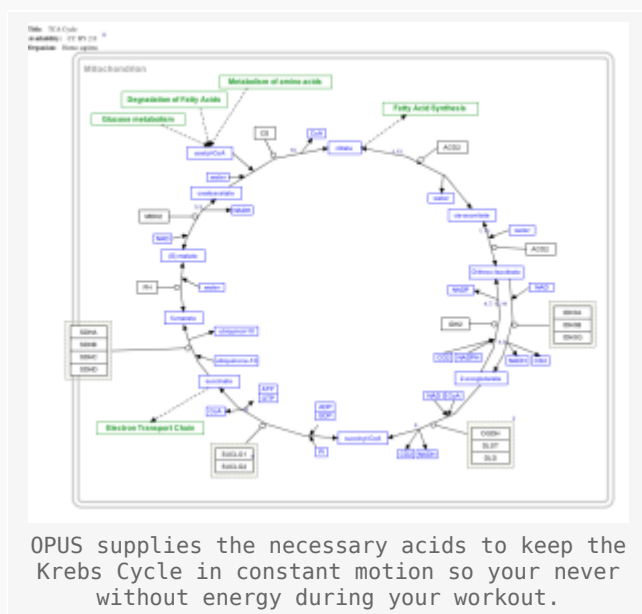
- **Instantized CarnoSyn Beta Alanine (1.6g / 3.2g)**

We're always happy to see beta alanine, whether it be a pre, intra, or post supplement. We're big fans of it in nearly any athletic or performance situation since it acts as a pH lactic acid buffer. This reduces lactic acid breakdown and heightens muscular endurance and power.[4,5]

As there is only 1.6g in one scoop OPUS, we'd recommend adding at least 2g of extra beta alanine at some other point in the day. OR, just take the recommended two scoops!

The good news is that either way, pre workouts typically offer an extra bit, so OPUS is a great way to fill the gaps from those too!

- **Instantized L-Citrulline Malate (1.5g / 3g)**



This combination of L-Citrulline and Malic Acid has become incredibly popular

with nearly all new pre and intra workouts hitting the market over the past 18 months. Much like beta alanine, we're big fans of this ingredient as well.

Citrulline Malate (CM) is a key factor in the urea cycle which helps to remove ammonia buildup from the body. The end result of this increased energy production, improved stamina, better recovery, less fatigue and increased blood flow to muscle.[6,7,8,9] All of this adds to improved workout performance and more muscle-growth!

- **Instantized L-Glycine (1.25g / 2.5g)**

Glycine is a non-essential amino acid that is readily available in most high-protein foods. It also happens to be the simplest of the 20 amino acids. This doesn't mean it's not important though.

Glycine is involved in a number of functions in the body, most notably: converting glucose into energy and increasing the body's creatine levels.[10,11] Better glycogen storage frees up glucose for energy needs during your workout making sure you never "bonk" and have to end the workout early due to depleted energy levels.

- **Instantized Calcium Carbonate & Sodium Carbonate (500mg / 1g each)**

Carbonates are molecules that act as buffering agents in the body. Similar to beta alanine, carbonates prevent the accumulation of acidity in the muscles leading to higher endurance and increased performance.[12,13,14]

- **OPUS' Remaining Ingredients**

The remaining constituents in OPUS contains electrolytes, vitamins, and minerals to help sustain your energy and hydration levels ensuring optimal performance.

The Krebs Cycle is one of the most important cycles in the body that's responsible for the breakdown of glucose, fatty acids, and amino acids. The breakdown of these components yields energy for the body. To keep the cycle running at optimal levels, there are several acids that must be used during the various reactions.[14] These acids (Citric Acid, Alpha-Ketoglutaric Acid, Malic Acid, Fumaric, and Succinic) just happen to be the same ones Magnum has included in OPUS.

More phosphates to get more done

As we all know, ATP (Adenosine Tri-Phosphate) is the molecule that the body uses as its energy source when exercising.[15] When ATP is broken down for energy, it's the phosphate molecule that's severed from ATP and is needed to replenish in order to regenerate your energy reserves. For this reason, Magnum included several different **phosphates** to keep ATP levels topped off ensure you

have to end a set early due to fatigue.

Finally, Magnum includes the **B-complex vitamins** to round out the formula. The B vitamins are heavily involved in energy metabolism and production in the body. They don't call them essential vitamins for nothing. In addition to helping breakdown carbs for glucose use in the body, B vitamins are also used as co-enzymes to breakdown proteins and fats which helps support optimal nervous system functioning.

Flavors Available



As we highlighted above, OPUS is available in the brand new **Orange Dreamsicle**, but that's not all, it's also available in **Blue Yasberry** and **Cellular Punch**. Each bottle contains 48 scoops to help "pHuel" your workouts.

If that's not enough, Magnum provides dosing instructions based on your weight. If you're under 130lbs, take 1 scoop and if you're over 130 lbs, it's recommended to use 2 scoops.

A stimulant-free pre workout alternative?

Some of the best intra workouts can even be used as a non-stimulant pre-workout (especially for night trainers) – and OPUS is definitely in that kind of category. So if you're tired of getting stimed out or have to work out at night, this may easily get you through a rough workout.

For an even greater anabolic firestorm, consider stacking it with the Hi5 BCAA supplement!

Takeaway

Magnum has delivered one stellar intra workout product that not only provides your body the raw materials to ignite your anabolic furnace but also supply the critical nutrients your body needs to keep all of its energy producing cycles functioning at their highest levels. This is definitely one of the most unique and intriguing formulas we've seen from an intra workout standpoint.

Our key takeaway is that this is a product that's really meant for those who bust their butts in the gym or on the field. If you have lazy workouts and never work up a sweat, this probably isn't for you. But if you get doggedly tired through incredible, self-punishing workouts – and you know who you are – then OPUS is an intra workout that will put a lot back into your tank.

The effects should be quite noticeable and it's this unique blend that really separates it from the typically BCAA-focused intra workout supplement. Give it a try today if you feel your energy levels have been waning during your recent workout sessions and let us know how it helps!

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