

Magnum PRIMER – Peak Performance Vitamin Pack

written by Mike Roberto | October 12, 2015



The brain trust over at Magnum Nutraceuticals know how hard their fans hit the weights day in and day out. While training is good, it can rapidly deplete the body of many essential vitamins, minerals, and phytonutrients. Missing out on these bare essentials can impair your muscle building, slow recovery, and affect overall health quality... and too many of us don't eat perfectly.

To combat this issue, Magnum created **PRIMER**, an encapsulated performance pack of all the essentials and then some that the body needs to not only take care of your basic needs, but also provide all the fuel a hard working athlete needs to stay at peak levels year round.

How does Magnum accomplish this?

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PRIMER Performance Pack Ingredients

Lately the trend in pre workout supplements is for *fully loaded* complexes of clinically-dosed or over-dosed ingredients. But what about your daily multivitamin / multiminerals?

Magnum's PRIMER Performance Pack goes way beyond the standard multivitamin/mineral supplement and delivers a comprehensive profile of ingredients that provide maximum bioavailability to the body. Let's see what they've got in store:

- **Cell Repair**

The image displays six supplement labels from the PRIMER Performance Pack, each with its own 'Supplement Facts' table. The labels are: CELL REPAIR (Full Profile Multivitamin, Anti-Oxidant & Anti-Aging Formula), AMINO PRIME (Anabolic + Metabolic Activating Compound), BRAINFOOD (Brain Activation, Energy & Blood Pressure Optimizer), POWER FATS (Cardio & R-R Super Blend), DIGEST RX (Complete Spectrum Anti-Digestive Complex), and HYDRATION PLUS (Muscle Contraction, Hydration & Electrolyte Formula). Each label lists various ingredients and their amounts per serving, along with their respective daily values.

Primer includes 6 blends of vitamins, minerals, omega fatty acids, digestive enzymes, and more all included to have your running at peak performance.

PRIMER's Performance Pack starts with all the essential vitamins your body needs on a daily basis to perform its most basic functions. However, it

doesn't just stop with your basic A, B, C, D, E, and K vitamins. It goes much further.

Primer's Cell Repair blend contains unique antioxidants, bioflavonoids, and polyphenols like Quercetin, which improves endurance by increasing production of mitochondrial biogenesis in muscle cells.[1]

Another ingredient not commonly seen in a multivitamin, but contained in PRIMER is Coenzyme Q10. Much like quercetin, it's another compound located in the mitochondria of a cell that supports energy metabolism. CoQ10 also benefits your heart as it improves blood flow, HDL (good) cholesterol levels, and overall cardiac function.[2,3,4]

The last ingredient we'll highlight from the Cell Repair blend that stands out from your typical multi is Milk Thistle. There's been a ton of research on milk thistle and it's widely used as a liver detoxifying compound. Milk Thistle supports liver detox by enhancing protein synthesis and DNA synthesis in the liver.[5] Furthermore, a comprehensive review on milk thistle found that that alcoholic liver cirrhosis and alcohol poisoning are treatable.[6]

- **Brain Food**



The front of the Primer vitamin pack. We asked Magnum to send us these shots so you know what to expect!

PRIMER's Brain Food blend contains all the ingredients you need to enhance focus and cognition, so you never feel "foggy" headed.

L-Tyrosine is the first ingredient in an appreciable 500mg dose. This conditionally essential amino acid boosts the production of two critical neurotransmitters in the body, dopamine and noradrenaline. Higher levels of these two molecules boost mood and focus not only during your workouts but

throughout the day while at the same time lowering your levels of stress.[7,8]

You'll also find L-Tyrosine included in the Happy Brain blend in Magnum's focus-heavy pre workout Limitless. It's one of the top rated focus boosting pre workouts in our Best Pre Workout Supplements guide.



The back of the pack. Tear open and enjoy!

Brain Food also contains two powerful nootropic agents: Vinpocetine and Huperzine A. Vinpocetine is found in the Periwinkle plant and acts as a stim-free cognitive booster in the body. It increases cerebral blood flow,[9] which results in better memory formation, cognition, and mental processing speed.[10,11,12]

Huperzine A further supports brain function by inhibiting acetylcholinesterase, the enzyme responsible for the breakdown the acetylcholine, a.k.a. "the learning neurotransmitter." [13] Therefore Huperzine indirectly increases amounts of the important neurotransmitter by helping it stay around your system longer, resulting in better focus, cognition, and memory formation.

- **Power Fats**



Most of us don't consume nearly enough omega 3-rich foods (like fish). Primer helps you get your daily dose of this very important fat.

Carbs and Proteins may be the headliner macronutrients in the bodybuilding world, but fats also play a crucial role in overall health and hormone production, not to mention vitamin absorption.[14]

Furthermore, most of the population gets plenty Omega-6 fatty acids through meat, nuts, and cooking oils, but is severely lacking in the Omega-3 department. Knowing this, PRIMER includes a well-rounded blend of Omega 3-6-9 fats from a variety of fish and plant sources to give your body what it needs to keep the heart healthy and fight inflammation.[15,16]

• **Amino Prime**

Amino acids are fundamental building blocks upon which all protein, and therefore muscle, is synthesized. If your body is deficient in any of these crucial compounds, it can severely limit your ability to produce any gains.

To rectify this, PRIMER includes the three most crucial amino acids, BCAAs plus a host of other aminos to supply the body with everything it needs to generate maximum muscle. BCAAs are responsible for triggering muscle protein synthesis in the body, in addition to improving recovery and delaying the onset of soreness.[17,18,19]

Amino Prime also contains ingredients to improve nutrient partitioning and glucose metabolism in the body. Alongside the all important amino acids, you'll find ingredients like cinnamon, inositol, and green tea extract. Together these compounds along with the others in this blend to boost the body's metabolism and improve glucose uptake and utilization in the body.[20,21,22,23]

Need more? Check out Opus

If you're looking to really step up your amino game, Magnum's OPUS provides even more of the essential amino acids necessary to drive anabolism. *And on*

that note, the new orange creamsicle flavor of OPUS is insanely good!

- **Digest Rx**



Magnum recently won Brand of the Year at the 2015 Olympia. With all of their new high-powered products that debuted recently, we can see why!

All of these ingredients are great to include in a sports nutrition supplement, but it's all for naught if your body can't absorb any of them or your digestive system is functioning properly. Fortunately, PRIMER contains just the prescription to remedy any digestive ailments you may have!

Each serving of PRIMER contains powerful digestive enzymes like amylase, protease, lipase, and lactase. Amylase helps the body break down starches found in such foods as rice or potatoes.[24]

For those that have trouble processing dairy products, Primer includes lactase which should help break down the lactose sugars that seem to be the bane of so many people's existence.

- **Hydration Plus**

The final blend of ingredients in PRIMER are the all important electrolytes. These agents make sure your muscles stay properly hydrated avoid any signs of cramping.[25] Including crucial minerals like calcium, magnesium, potassium, and sodium ensures your muscles continue to perform at peak levels no matter what the task demands.

Dosing

To get your daily fill of all the necessary vitamins, minerals, and more, take 1 Magnum Primer Performance Pack (8 capsules) with a meal once per day. For optimal results, take it with the meal prior to training.

The image is a comparison graphic. On the left, under the heading "AS LOW AS 25% ACTIVE INGREDIENTS DELIVERED WITH STANDARD TABLETS", a cross-section of a tablet is shown with layers of various colored fillers. A legend lists: ACTIVE INGREDIENTS (green), SURFACTANTS (purple), DISINTEGRANTS (yellow), LUBRICANTS (pink), BINDERS (blue), and FILLERS (orange). On the right, under the heading "MAGNUM PRIMER® CAPSULE SYSTEM", a capsule is shown with a central red dot and arrows pointing to a pink box labeled "PHARMACEUTICAL GRADE ACTIVE INGREDIENTS". Below the capsule, it says "Certified Kosher and Halal, Pharmaceutical Grade Capsules" with a "Ko" logo.

Other multivitamins / multiminerals use as much as 75% fillers / binders / lubricants / etc... but not PRIMER!

Takeaway

Magnum's PRIMER is everything you could want when looking for a supplement. It boasts a comprehensive profile of highly bioavailable ingredients proven to support health, improve recovery, and aid anabolism. The unique encapsulation form used for PRIMER ensures that your body absorbs each and every nutrient for maximum absorption.

If you're tired of trying to find the "best" or "right" multivitamin/mineral at the store, do yourself a favor and grab a pack of PRIMER today. Your workouts will never be more intense and your body will never feel better than when choosing to use PRIMER.

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