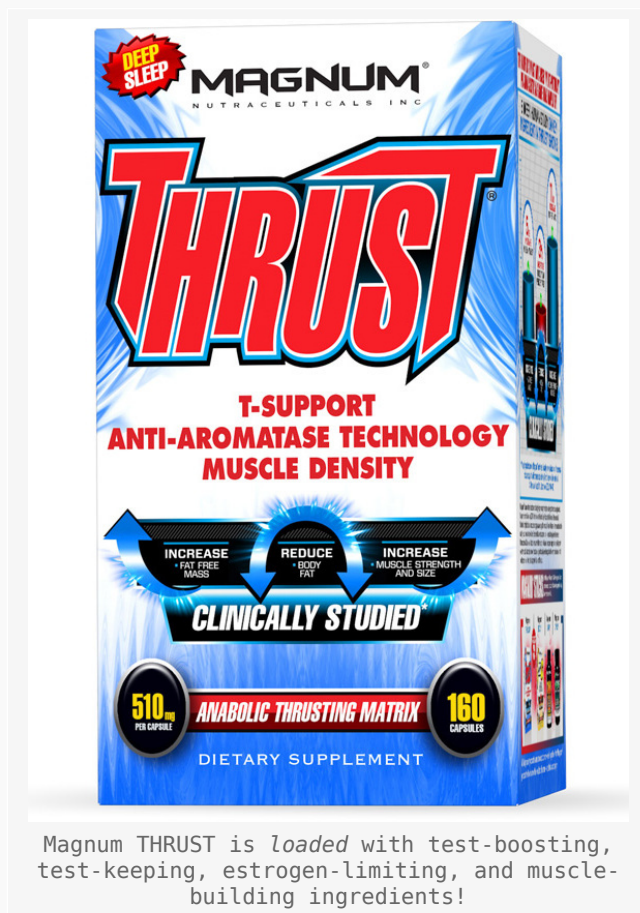


Magnum THRUST – This Testosterone Booster has Everything!

written by Mike Roberto | June 2, 2015



Magnum THRUST is loaded with test-boosting, test-keeping, estrogen-limiting, and muscle-building ingredients!

There is definitely a swell building in the natural testosterone booster market as of late, especially after the recent prohormone ban.

We've seen several quality offerings hit the shelves and today we have another one to present.

Magnum Nutraceuticals **Thrust** is a robust blend of testosterone boosting and estrogen mitigating compounds all designed to turn you from a zero to a hero in the gym AND in the bedroom.

But before we get into the specifics, take a second to check the best price and sign up for PricePlow updates:

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The Magnum Thrust Ingredients

Suggested Use
Serving Size: 4 capsules
Servings Per Bottle: 40

TRAINING DAYS	NON-TRAINING DAYS
Take 4 caps 15 minutes prior to training.	Take 4 caps in the morning.
Take 4 caps 30 minutes before bed.	Take 4 caps 30 minutes before bed.

Magnum Thrust™ should be taken on an empty stomach; however, the powerful compounds utilized in Magnum Thrust™ may upset your stomach without the presence of food. Try taking Magnum Thrust™ both ways to find what works best for your body.

Supplement Facts
Daily Dosage

Anabolic Thrusting Agents	500mg
<small>Beta Ecdysterone, 20-hydroxyecdysone 5-Methyl-7-Hydroxy-Isolavone-Ethylcarbonate Ester, Ipriflavone</small>	
Anti-Aromatase Estro-Eradicating Compound™	1470mg
<small>M-OXO™ (7 beta-acetoxy-8, 13-epoxy-1 alpha,6 beta, 9 alpha-trihydroxy-14d-14-ene-11-one) Tongkat Ali Root Extract 20:1 (Eurycoma), Oatstraw Extract 10:1, Acetyl-L-Carnitine HCL, Naringin, Quercetin, Hesperidin Complex</small>	
Testosterone Spiking Compound	700mg
<small>Mulra Puama (Ptychopetalum obovatum) Extract 6:1, Stinging Nettle Leaf Extract 4:1, Dodder Seed Extract 5:1, Fenugreek</small>	
Prolonged Testosterone Enhancing Compound	1410mg
<small>Pyridoxine HCl Vitamin B-6, Organic Maca, Puncture Vine (45% Saponins) Salsed Mustil (Chlorophytum borivilianum) Extract</small>	

Product also contains: Magnesium Stearate Pwd NF and Silicon Dioxide

The Magnum Thrust Ingredients – There’s a LOT of them, so get ready to read!

Thrust’s man-boosting power comes in the form of four unique proprietary blends all designed to boost testosterone production and suppress any nasty estrogen from stealing your gains.

This is an *intense* product write-up – there are a ton of ingredients here, and they all have some form of efficacy for testosterone, anti-estrogen, libido, or simply muscle-building effects.

It’s basically a “kitchen sink of manliness”:

- **Estro-Modulating Compound (1,470mg)**

Thrust’s *Estro-Modulating Compound* is composed of *M-OXO*, *Tongkat Ali Root Extract 20:1 (Eurycoma Longifolia)*, *Oat Straw Extract 10:1*, *Acetyl L-Carnitine HCL*, *Naringenin*, *Quercetin*, and *Hesperidin Complex*.

- **M-OXO**

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M-OXO is chemically known as *7 Beta-Acetoxy-8, 13-Epoxy-1 Alpha,6 Beta, 9 Alpha-Trihydroxy-Labd-14-Ene-11-One*. If that seems too complicated to remember, here's some help... it's the main active ingredient in the Ayurvedic herb **Coleus forskohlii**.

It's found its way into more and more testosterone boosting products because in fact it has been shown to boost T levels in humans.[1] It's suggested that *Forskolin* accomplishes this by mimicking the action of luteinizing hormone (LH) and increasing intracellular levels of cAMP.

• **Tongkat Ali**

Tongkat Ali root, a.k.a. Long Jack, comes from the *Eurycoma Longifolia* and has traditionally been used as a libido booster and pro-fertility compound. Interestingly enough, it accomplishes this by exhibiting anti-estrogen effects in the body and can also lead to increased sperm

production.[2]

But even more important, on the Tongkat Ali front, is the fact that it led to *gains* in one study: Researchers had 14 men perform circuit training over the course of five weeks, and gave them either placebo or tongkat ali extract. Those that received the longjack had a *greater increase in lean body mass* as well as greater strength gains vs. placebo![3]

The research: muscle and strength gains, fat losses

Here are some tidbits from that study:

- Increases in non-fat mass from 52.26kg to 54.39kg (that's 4%, whereas placebo had no significant changes)
- Amount of body fat decreased significantly from 31.3kg to 28.44kg (that's a 9.1% reduction!)
- 1 Rep Max increased 6.7% – from 73.71kg to 78.71kg (unsure what exercise) whereas placebo only gained 2.77%

The best testosterone boosts from tongkat were with infertile men, so we're not totally sure how well it'll boost *test* in healthy men, but at the same token – does it matter when it seems *very* effective in producing **gains** (and fat losses) – our ultimate goal at the end of the day!

Now, due to the proprietary blend nature of Thrust, we don't know if the dose was the same in that study (which used 100mg/day), but needless to say – this is a *very* underrated ingredient!

You can read more on our separate tongkat ali write-up.

MAGNUM THRUST
SCIENCE BEHIND THRUST

ANABOLIC THRUSTING AGENTS
BETA ECDYSTERONE, 20-HYDROXYECDYSONE
5-METHYL-7-HYDROXY-ISOFLAVONE-ETHYLCARBONATE ESTER,
IPRIFLAVONE

MAGNUM | **BETTER INGREDIENTS, BETTER RESULTS.**
NUTRACEUTICALS

There is tons of science behind thrust – sources are cited throughout this write-up

- **ALCAR**

Acetyl-L-Carnitine (ALCAR) is an acetylated form of the amino acid L-Carnitine that is taken up by the body via a different mechanism than other forms of L-Carnitine.

Additionally, ALCAR has been shown to help with fat loss and boost cognition, but it can also prevent the decline of T levels in those that suffer from stress[4], and who among us *isn't* stressed!

Acetyl L Carnitine is definitely a PricePLOW favorite – typically we enjoy high doses for cognitive focus effects. But the potential assistance in *preventing* a test decline cannot be understated!

- **Naringenin and Hesperidin**

Naringenin and Hesperidin are flavonoids that come from the peels of citrus plants. They both possess the unique effect of having a dual effect on estrogen in the body.

Very interestingly, low doses of these compounds exhibit pro-estrogen effects; however, *high* doses have found to exhibit *anti*-estrogen effects.[5,6]

Based on positive consumer feedback over many years, it would seem that the good folks at Magnum have formulated Thrust with high enough doses to create anti-estrogen effects!

- **Quercetin**

Quercetin is one of the most well studied bioflavonoids around and is found prominently in onions and grapes. Similar to the two previous flavonoids, it can help modulate estrogen activity in the body, but it can also prevent testicular damage and thereby prevent the decline of testosterone levels.[7,8]

One thing we forgot to discuss here is the **Deep Sleep** Intensification most reviewers are claiming Thrust provides!

- **Prolonged T-Augmenting Compound (1,410mg)**

Ok, so we've got estrogen activity in check, now it's time to prolong testosterone's effects on the body. The T-Augmenting Compound in Thrust consists of *Vitamin B-6, Organic Maca, Puncture Vine, Safed Musli Extract.*

- **Maca**

Maca is a vegetable in the broccoli family that has a long history of being used as an aphrodisiac. But, it does so much more than get you in the mood. Maca prevents prostate growth and suppress the increase of zinc in the prostate which contributes to the conversion of testosterone to dihydrotestosterone (DHT).[9,10] As its final trick, it can increase the production of sperm in the testes which could theoretically boost fertility!

"A kitchen sink of manliness"

- **Puncture Vine**

Puncture Vine is more commonly seen as *Tribulus terrestris* and has traditionally been used in Ayurvedic medicine to enhance libido and boost virility. It has been shown to boost the androgen receptor activity in the brain which contributes to its libido boosting capabilities.[11]

- **Safed Musli**

Safed Musli (*Chlorophytum Borivilianum*) is another herb this time coming from Ancient India where it's typically been used as an adaptogen and aphrodisiac. Like many of the other herbs contained in Thrust, Safed Musli increases spermatogenesis (sperm production) and improve erectile strength.[12,13]

- **T-Optimizing Compound (700mg)**

Thrust's T-Optimizing blend contains *Muiria Puama* (*Ptychopetalum Olacoides*) Extract 6:1, *Stinging Nettle Leaf Extract* 4:1, *Dodder Seed Extract* 5:1, and *Fenugreek*.

- **Muria Puama**

Muiria Puama is commonly used in Brazil as a nerve tonic and aphrodisiac. Although the research is relatively thin on this compound, one study has shown that it improved erectile function in 2 week study involving subjects diagnosed with erectile dysfunction.[14]

- **Stinging Nettle**

Lignans from the **Stinging Nettle** plant can interfere with *Sex Hormone Binding Globulin (SHBG)* which will then prevent it from taking up valuable testosterone in the body.[15]

So it doesn't *directly* increase T levels, but will indirectly increase them by preventing them from being absorbed by SHBG. It can also act as a 5a-reductase inhibitor, which preventing the conversion of testosterone to DHT.[16]

This is similar to how Fenugreek, below, may work.

- **Dodder Seed Extract**

Dodder Seed Extract comes from a parasitic vine in Japan and China. Its effects are anything but parasitic though, as it helps protect the membrane of sperm,[17] keeping it healthy and making sure "your boys" get to where they need to undamaged!

- **Fenugreek**

Fenugreek is yet another plant that has been shown to boost male libido. Additionally, it helps prevent the conversion of testosterone to DHT, much like Stinging Nettle extract.[18]



Pic snapped for a Thrust review – Expect some blue caps

• Anabolic Thrusting Agents (500mg)

...And we're still not done!

For the final “thrust”, we have the Anabolic Thrusting Agents blend which consists of *Beta Ecdysterone*, *20-Hydroxyecdysone*, *5-Methyl-7-Hydroxy-Isoflavone-Ethylcarbonate Ester*, and *Ipriflavone*.

These ingredients fall under a group of compounds known as *ecdysteroids*. They are **similar to androgens in structure** and typically used as insect and plant growth factors.

Their application to humans though has not been as well researched. However, one study did find that **ecdysterone can exert “testosterone-like effects”**. [19] So although it won't directly boost T levels, the body may still respond the same way as if it was receiving increased testosterone production.

Ipriflavone is another 5-alpha reductase inhibitor that will prevent the conversion of our precious T to the useless DHT. [20]

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business relationship. We work hard to keep pricing current, but you may find a better offer.

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Overall, Thrust is about as impressive of a formula as you're going to get in an off the shelf natural testosterone booster formula here in 2015, and is clearly worth trying if you're on the fence and don't want to go with "lesser" natural alternatives yet... or you need a very good PCT.

Although we don't have the doses to compare to the research, you can see that many of the herbs (such as tongkat) really don't need whopping doses anyway , so long as they're extracted well.



The advertisement features a muscular man on the left and a bottle of Magnum Thrust on the right. The text reads: "CANADA'S #1 TEST BOOSTER". Below this, a yellow banner says "I NEED A SUPPLEMENT THAT:". Four arrows point to the following benefits: "Boosts my testosterone while lowering my estrogen", "Won't upset my natural hormonal balance", "Gives me incredibly deep sleep", and "Gets me stronger and builds muscle faster". The bottle is labeled "MAGNUM THRUST" and "DIETARY SUPPLEMENT". Logos for "James Ellis TEAM MAGNUM" and "MAGNUM" are also present.

Is Canada winning the war of testosterone? With products like this one coming from Magnum... it's starting to seem like it!

Thrust Dosage: How to use it

- **Training Days:** Take 4 capsules 15 minutes prior to training, Take 4 capsules 30 minutes before bed
- **Non-Training Days:** Take 4 capsules in the morning. Take 4 capsules 30 minutes before bed

Magnum Thrust should be taken on an empty stomach. However, the powerful compounds utilized in Thrust may upset your stomach without the presence of food, so if you have issues, you may need to take it with a meal – but try it solo first.

• Do I Need to Cycle?

Magnum suggests that you only stay on Thrust for 90 days at a time and then take 30 to 60 days off before returning to it.

• Do I need PCT?

First, note that Magnum Thrust is often used as a PCT (you'll find several favorable reviews if you search for this as a PCT supplement). But if you're a natural athlete who's using this as a *standalone* natural testosterone booster, you do not need additional PCT.

Wrap Up

There you have it folks! A whole lot of herbs and plant extracts all designed to make you a leader among men in the gym and in the bedroom.

Don't let age or stress wear on your ever-dwindling testosterone levels. Try a bottle of Thrust and be ready for some extra *push* in all the right places!

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