

'Merica Labz NAPALM Red, White & Boom: A Thermogenic Pre-Workout

written by Mike Roberto | May 3, 2022

'Merica Labz has re-released the special *thermogenic* edition version of their flagship pre-workout Red, White & Boom. How do you possibly get better than BOOM? By turning up the heat with **Napalm Red, White & Boom!**



Napalm Red, White & Boom is a combination of a **thermogenic and pre-workout**. It's specifically formulated to increase fat metabolism while simultaneously improving focus, pumps, performance, and energy.

NAPALM Red, White, & Boom is Back... and with a new flavor!

First released in January of 2021, the MitoBurn-powered Napalm was a massive success. Now it's back for the Summer of 2022, and it's bringing with it a new flavor in *Agent Blue!*

Napalm achieves its incredible thermogenic effects using three powerful matrices:

- **Karate-Chop Performance Blend:**

- L-citrulline
- Beta-alanine
- Betaine anhydrous

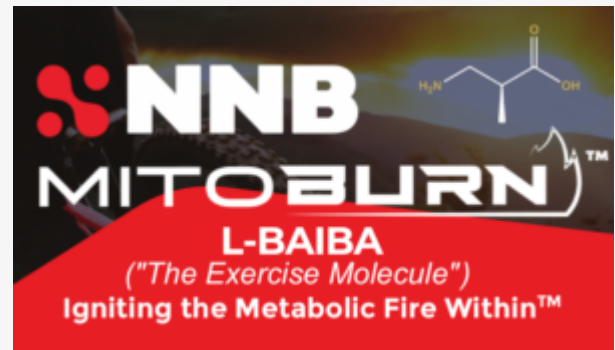
- **Bleeding Eyes Focus Blend:**

- L-tyrosine

- Caffeine anhydrous (350 milligrams per serving)
- Eria jarensis (N-phenylethyl dimethylamine citrate)
- Alpha-GPC (Alpha glycerylphosphorylcholine)
- Halostachine

• **Sweat Like a Lady of the Night in Church Thermogenic Blend:**

Mitoburn (L-α-aminoisobutyric acid)
(BAIBA) from NNB Nutrition



NNB Nutrition has finally brought us a trusted and tested form of L-BAIBA, which we call an “exercise signal” that kickstarts incredible metabolic processes! It’s known as *MitoBurn*.

- Green coffee extract
- Cocoabuterol cocoa extract
- Gamma buytrobetaine ethyl ester HCL (as ProGBB)

This special edition formula will also feature a custom label and brand new flavors from ‘Merica Labz, with the aforementioned *Agent Blue* (blueberry lemonade) being the new one. However, it’ll be tough to beat that *Saigon Sangria* flavor, which is seriously a *world class* flavor system.

Keep reading to learn more about Napalm Red, White & Boom, and subscribe below for more ‘Merica Labz news, reviews, and deals from PricePLOW!

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Napalm Red, White & Boom Ingredients

Every tub of Napalm Red, White & Boom comes with 20 servings. For optimal results, 'Merica Labz recommends taking one scoop 20 to 30 minutes before exercise. However, with 350 milligrams of caffeine per serving, and some additional exotic stimulants, start with half a serving to assess your tolerance.

Here's what one serving (~19 grams) of Napalm Red, White & Boom contains:

Karate-Chop Performance Blend

- L-Citrulline – 6000mg

	Amount Per Serving	%DV
KARATE-CHOP PERFORMANCE BLEND		
L-Citrulline	6000 mg	**
Beta Alanine	3200 mg	**
Betaine Anhydrous	2500 mg	**
BLEEDING-EYES FOCUS BLEND		
L-Tyrosine	1000 mg	**
Caffeine Anhydrous	350 mg	**
N-Phenylethyl Dimethylamine Citrate (Eria jarensis)	300 mg	**
Alpha GPC 50%	300 mg	**
Halostachine	100 mg	**
SWEAT-LIKE-A-LADY-OF-THE-NIGHT-IN-CHURCH THERMOGENIC BLEND		
Mitobum™ (L-β-Aminoisobutyric Acid)	500 mg	**
Green Coffee Extract (50% chlorogenic)	500 mg	**
Cocabuterol® Cocoa Extract (Theobroma cacao L.) (seed) (std. min 50% cocoa alkaloids)	100 mg	**
Gamma Butyrobetaine Ethyl Ester HCl (ProGBB™)	25 mg	**

**Daily value not established

Not only is Napalm Red, White and Boom a powerful pre-workout, but it's also a strong thermogenic!

L-citrulline is a non-essential amino acid that increases nitric oxide production indirectly when it's converted into another amino acid called L-arginine. Nitric oxide is a chemical messenger that causes blood vessel vasodilation (expansion). The increased diameter of blood vessels helps deliver oxygen-rich blood to working muscles more efficiently.[1,2]

Moreover, the body is better able to move metabolic waste, such as lactic acid, away from working muscles. Not only does this increase performance, but it also enhances your ability to get a pump.[1,2]

L-citrulline is also involved in the urea cycle, which is responsible for removing ammonia, a highly toxic molecule.[1,2] Therefore, the amino acid may

also help with adenosine triphosphate (ATP) production. Studies have shown that supplementing with L-citrulline prior to exercise can:

- Reduce fatigue
- Increase performance
- Decrease post-exercise soreness
- Lower blood pressure[1,2]

With a massive dose of 6 grams of L-citrulline per scoop, you're guaranteed to get all of the benefits the amino acid has to offer.

- **Beta-Alanine – 3200mg**



The Supreme Aminos – *Suprimos* by 'Merica Labz!

Beta-alanine is also a non-essential amino acid, meaning that the body naturally produces it. Along with the essential amino acid L-histidine, beta-alanine is a direct precursor to carnosine, a dipeptide molecule found in skeletal muscle. The amino acid's ability to increase carnosine levels is also how it boosts muscular endurance.[3] Since carnosine is a hydrogen ion buffer, it reduces the amount of lactic acid in muscles.

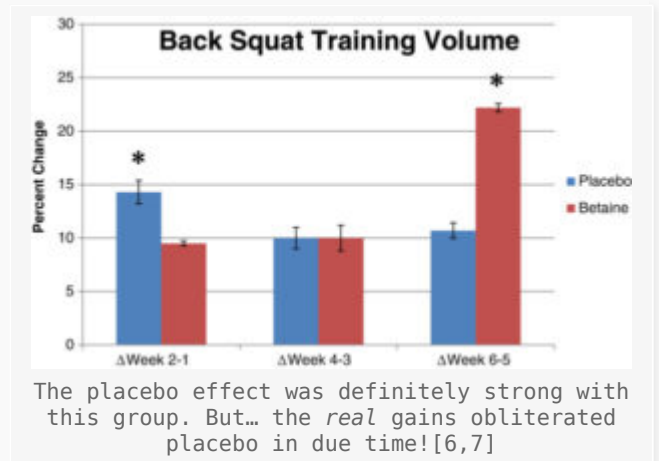
Lactic acid is a metabolic waste produced by energy systems during intense exercise. Excessively high levels of lactic acid can significantly impair the body's ability to regenerate ATP, resulting in fatigue. Carnosine can help delay the accumulation of lactic acid, leading to improved muscular endurance and performance. Several studies have shown that beta-alanine is an effective ergogenic aid, especially during activities lasting between one and four minutes.[3]

- **Betaine Anhydrous – 2500mg**

Betaine anhydrous, also known as trimethylglycine, is an organic compound that's classified as both a methyl donor and osmolyte.

By serving as an osmolyte, betaine draws water into muscle cells, which

- Promotes hydration
- Improves muscular pumps
- Enhances cell's resilience to external stressors[4,5]



By serving as a methyl donor, betaine assists in reducing homocysteine. Homocysteine is an amino acid that's formed methionine, an essential amino acid, metabolizes. Higher than normal levels of homocysteine can negatively affect several physiological functions, most notably muscle protein synthesis.[4,5]

Moreover, high homocysteine levels are associated with heart disease. So supplementing with betaine not only improves your performance and body composition but may also improve your cardiovascular health.

Betaine carries out its effects by donating a methyl group to homocysteine, converting it back into methionine, which is then used to produce creatine. Multiple studies have shown that supplementing with 2.5 grams of betaine enhances:[4-8]



Agent Blue is the new flavor for the 2022 release!

- Power output
- Strength
- Lean muscle mass
- Endurance
- Fat loss

Since Naplam Red, White & Boom is all about amplifying performance and fat loss, 2.5 grams of betaine is a great addition to the formula.

Bleeding Eyes Focus Blend

- **L-Tyrosine – 1000mg**

L-tyrosine is a non-essential amino acid that's primarily used to synthesize three neurotransmitters:

- Dopamine – contributes to motivation, memory, mood, and overall sense of well-being
- Norepinephrine – enhances fatty acid metabolism, blood glucose levels, and respiration
- Epinephrine – increases cardiac output and blood glucose levels

A study published in *Military Medicine* found that low levels of the neurotransmitters listed above lead to a substantial reduction in cognitive

and physical performance.[4] They also showed that supplementing with L-tyrosine prior to a stressful situation, such as exercise, can enhance neurotransmitter production and increase cellular firing in the brain.[4]

Simply put, tyrosine supplementation prevents the drop-off in dopamine, norepinephrine, and epinephrine levels. Thus, enhancing mental focus, energy, and ability to adapt to stress.

- **Caffeine Anhydrous – 350mg**



Napalm Red, White & Boom has other ingredients for raising energy levels, such as halostachine and Eria jarensis, so 'Merica Labz decided to go with 350 milligrams of caffeine, which is slightly lower than their "A Bomb" edition released in late 2020. We still consider 350 milligrams a substantial dose, so start with half a scoop!

Caffeine anhydrous is one of the most common ingredients in pre-workouts and thermogenic because of how safe and effective it is. Caffeine can increase both physical and mental energy by inhibiting adenosine from binding to its receptor.[5,9] Adenosine is a nucleoside that decreases neural activity, leading to fatigue and difficulty concentrating.

In terms of fat loss, caffeine inhibits the enzyme that breaks down cyclic adenosine monophosphate (cAMP), called phosphodiesterase.[5,9] cAMP is a critical secondary messenger that assists in metabolizing fatty acids and glucose. So low levels of cAMP are not very conducive to optimizing fat burning. Moreover, caffeine can decrease pain perception, which may help you exercise for longer periods of time.[5,9]

- **N-Phenylethyl Dimethylamine Citrate (Eria jarensis) – 300mg**

To further improve energy and focus, Napalm Red, White & Boom contains 300 milligrams of a powerful stimulant called **N-phenylmethyl dimethylamine citrate** (DMPEA). As you can see from the label, 'Merica Labz uses Eria jarensis extract as the primary source of DMPEA. This stimulant expresses its effects by increasing the release of catecholamines, such as noradrenaline and dopamine.[10]



Noradrenaline is a neurotransmitter that's released from adrenal glands in response to stress. Thus, noradrenaline plays a crucial role in the sympathetic nervous system, which is active during exercise. Noradrenaline primes the body for fight or flight by increasing lipolysis, blood glucose levels, and respiration.

Dopamine, on the other hand, helps improve mood, motivation, cognition, and attention. Not only does DMPEA boost energy levels and focus, but it's also known for producing euphoric effects.[10] So after taking Napalm Red, White & Boom, you may not want to stop training!

The story and details on this ingredient go further. You can read about them in our article titled *Eria Jarensis Extract /N-phenethyl dimethylamine: The Next Big Thing?*

- **Alpha GPC 50% – 300mg**

To promote acetylcholine production, Napalm Red, White & Boom uses 300

milligrams of **alpha-GPC**, which is short for alpha-glyceryl phosphorylcholine. Alpha-GPC supplies the body with an exogenous source of choline, an essential nutrient that's used for acetylcholine synthesis. Acetylcholine is a neurotransmitter that's highly concentrated in neuromuscular gap junctions (where the central nervous system interacts with skeletal muscle). So acetylcholine is crucial for carrying out muscular contractions.

Alpha-GPC is commonly used in various sports nutrition supplements because of its ability to increase:

- Focus
- Mental energy
- Mind-to-muscle connection
- Strength
- Performance[11-13]

- **Halostachine – 100mg**



Halostachine comes from a plant called halostachys capsica. It's a powerful stimulant that's rapidly metabolized and absorbed in the body. Its effects are felt very soon after consumption, making it ideal for pre-workout and providing a quick energy boost. Napalm Red, White and Boom has 100 milligrams of halostachine to round out the comprehensive Bleeding Eyes Focus blend.

Positive effects from Halostachine may include:

- Improved mood

- Enhanced energy
- Increased lipolysis (fat burning)
- Suppression of appetite
- Elevated focus

Halostachine expresses its effects by acting as a beta-adrenergic receptor agonist on fat cells. Stimulating beta receptors aids in burning fat for energy. Needless to say, if 350 milligrams of caffeine sounds tame to you, the addition of halostachine and Eria jarensis, give this pre-workout an extra kick.

Sweat Like a Lady of the Night in Church Thermogenic Blend

- **MitoBurn (L- α -Aminoisobutyric Acid) – 500mg**

'Merica Labz is one of the few companies to use 500 milligrams of **MitoBurn** in a fully loaded pre-workout! A patent-pending ingredient from NNB Nutrition, MitoBurn is a relatively novel compound, but it has some very promising research behind it.



As of writing this article, it's the only form of L- α -aminoisobutyric acid (L-BAIBA) on the market. There are two types of BAIBA: L-BAIBA and D/R-BAIBA. Although they both offer some benefits, research shows that L-BAIBA has the most potential in terms of metabolic enhancement.[14-17]

Technically, MitoBurn is classified as a myokine, which means that it's naturally produced by skeletal muscle during exercise and carries out effects through cell signaling. Exercise releases increasing amounts of L-BAIBA, which causes a chain reaction that results in enhanced thermogenesis and fatty acid oxidation.[14-17]

Although it's marketed as a weight-loss supplement, MitoBurn's benefits extend

beyond that. It has been shown to:

- Improve insulin sensitivity
- Increase glucose tolerance
- Prevent bone loss
- Assist white adipose tissue (stored fat) convert to brown (produces heat)[14-17]

So regardless of your goals (i.e. lose fat or build muscle), MitoBurn can amplify your results.

Learn more about MitoBurn in our article, titled *MitoBurn: β -Aminoisobutyric Acid (L-BAIBA) from NNB Nutrition*, and go even deeper on L-BAIBA in another article, *BAIBA: New Weight Loss Ingredient Generates Exercise in a Pill?!*

- **Green Coffee Extract (50% Chloogenic) – 500mg**



Too much thermo here? Then see the latest and greatest version of the **Red, White, & BOOM Pre Workout!**

Green coffee bean extract (GCE) is a rich source of chlorogenic acid (CGA), a polyphenol that expresses several beneficial properties, such as:

- Anti-inflammatory
- Antidiabetic
- Anti-obesity
- Antioxidant
- Anti-carcinogenic[18]

Research shows that CGA helps regulate lipid and glucose metabolism.[18] A systematic review published in the journal *Gastroenterology Research and Practice* revealed that GCE reduced glucose absorption in the intestine and hepatic triglycerides accumulation. Researchers hypothesized that GCE downregulates fatty acid and cholesterol synthesis while boosting fatty acid oxidation.[18]

Another study published in the journal *Phytotherapy Research* found that CGAs help free fatty acids from human adipose tissue with or without the presence of caffeine. Based on this finding, GCE may assist in weight loss by increasing fatty acid oxidation and regulating blood glucose levels.[19]

- **Cocoabuterol Cocoa Extract (Theobroma Cacao) (Seed) (Std. Min 50% Cocoa Alkaloids) – 100mg**



The second trademarked ingredient in Napalm Red, White and Boom is **Cocoabuterol** from Suzhou Win Health International. Cocoabuterol is a Theobroma cacao seed extract that's standardized to contain at least 50% cocoa alkaloids. Naturally occurring alkaloids and polyphenols give Cocoabuterol its powerful benefits.

Cocoabuterol is most commonly used in fat burners because of its ability to:

- Increase fatty acid metabolism
- Promote muscle growth
- Improve mood
- Suppress appetite[20,21]

Cocoabuterol is also helpful in pre-workouts because it can increase:



- Nitric oxide levels
- Energy levels
- Muscular endurance & power output[20,21]

Lastly, the ingredient expresses potent antioxidant and anti-inflammatory properties that offer numerous health benefits.[20,21] Overall, Cocoabuterol is a phenomenal addition to this pre-workout since it targets fat loss and performance.

- **Gamma Butyrobetaine Ethyl Ester HCL (ProGBB) – 25mg**

If you're not a fan of sweating, then steer clear of this ingredient! **ProGBB** is a trademarked form of **gamma butyrobetaine (GBB) ethyl ester HCL**. It's developed by SYNMR Biotechnologies. We like to call ProGBB the "super carnitine that makes you sweat," since it significantly elevates metabolism.[22]

Gamma-butyrobetaine is an intermediate that the body uses to create L-carnitine via the gamma-butyrobetaine dioxygenase (BBD) enzyme.[22] Carnitine is essential for fat loss because it's responsible for transporting fatty acids into the mitochondria to be used for ATP production. Without a sufficient amount of L-carnitine available, fat loss will come to a screeching halt. Studies show that supplementing with GBB is an effective way to increase your body's L-carnitine stores, which helps facilitate fat loss.[22]

Napalm Red, White & Boom Flavors

Here's an updated list of all Napalm Red, White & Boom flavors:

As mentioned above, Saigon Sangria is *phenomenal* and *Agent Blue* is the new flavor in 2022.

'Merica Labz: Never Big Enough



Turn up the heat with Napalm Red, White and Boom!

After ending 2020 hot with the *A Bomb Red, White & Boom* (an extreme pre-workout loaded with 700 milligrams of stimulants, 1.6 grams of nootropics, and 14 grams of pump and performance ingredients), 'Merica Labz started 2021 strong by launching *Napalm Red, White and Boom*. It's a unique pre-workout in the sense that it serves as a performance booster and fat burner. Although 'Merica Labz is not the first company to release a 2-in-1 pre-workout, they're one of the few to use three trademarked ingredients, a fully transparent label, and efficacious doses of every ingredient.

Since day one, 'Merica Labz' motto has been "Never big enough." It means making effective supplements that are borderline over the top— in a good way. We've seen far too many companies cut corners by underdosing ingredients. We've never seen that problem with a supplement by 'Merica Labz.

Napalm Red, White, and Boom is just the beginning of a product-release onslaught. Not only is the company planning to release several new supplements in 2021, but they're also revamping their entire line. So expect better formulas, labels, flavors, and more from 'Merica Labz and sister companies, 'Merica Snax and 'Merica Energy.

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