

Lay Some STARS 'N PIPES with Merica Labz Stim-Free Pre Workout

written by Mike Roberto | January 10, 2022

The stars are aligning for a *big* year for Merica Labz, the world's most patriotic supplement brand. With a beautiful *restoration* displayed in their updated *Red, White, & Boom* pre workout supplement to go along with the updated *Patriot's Whey*, Merica Labz fans asked for *more*.

We got way more – first, in the form of *more calories* thanks to the incredible *Super Sized* weight gainer. But that wasn't enough (it's *never* enough*), because Merica Labz fans wanted *more pumps!* Asked and answered:



Stars 'N Pipes is *upgraded* with more powerful pumps!

The popular stimulant-free pre-workout supplement has not only been given a fresh look with Merica's new branding, its formula's been tweaked. On top of a huge helping of L-citrulline, we now have *two* more trademarked ingredients in the form of *HydroPrime* glycerol from NNB Nutrition and *Nitrosigine* from Nutrition21.

Topped off with one more nitric oxide amplifier, Stars 'N Pipes is sure to be exactly what it claims on its new label: *high-explosive pump agent*. May want to watch out when bringing this bad boy through airport security!

The formula's covered below, but first let's show the new flavors (highlighted in yellow) and our video:

Merica Labz Stars N' Pipes – Deals and Price Drop Alerts

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*Note: **Freedom*** is the one flavor that has the same name as the original version. If you want this new HydroPrime-powered formula, make sure you get the new branding with diagonal writing or check with your retailer.

Stars n Pipes Ingredients

The perfect partner for B00M, each 17.5 gram scoop of Stars 'n Pipes brings you pumps from:

- **L-Citrulline – 6000 mg**

Supplement Facts

Serving Size: 1 scoop (18 Grams)
Servings Per Container: 20

	Amount Per Serving	%DV
L-Citrulline	6000 mg	**
HydroPrime™ (65% Glycerol Powder)	5000 mg	**
Nitrosigine® (Inositol arginine silicate)	1500 mg	**
Pine Bark Extract (95% Proanthocyanidins)	250 mg	**

**Daily value not established

OTHER INGREDIENTS: Silicon Dioxide, Natural and Artificial Flavors, Citric Acid, Sucralose, Acesulfame Potassium.

HYDRO PRIME™
HydroPrime™ is a trademark of NNB Nutrition.

Nitrosigine®
The Nitrosigine® name and logo are registered. Nitrosigine® is patent protected.

Two trademarked ingredients, two other well-dosed additions... get ready for some pumps

The nitric oxide booster most athletes are now familiar with, **L-citrulline** is an amino acid that helps the body generate more *L-arginine*, which then goes on to generate more *nitric oxide* (NO).[1] With more nitric oxide production,

you're left with *vasodilation*, an effect where blood vessels relax and expand (dilate) and allow for greater blood flow.[2,3] With that, you get *pumps* – along with other physiological benefits like reduced blood pressure and better nutrient delivery.

Back in the olden days, before Merica Labz even existed, companies tried supplementing arginine directly, but it turned out to be ineffective unless taking very large doses because the digestive system breaks the arginine down too quickly (this is known as the “first-pass effect”),[4-7] and high-dose arginine wrecks the gut in the process.[8,9]

Using L-citrulline circumvents this and actually works better than arginine itself in humans![2] Reason being, citrulline gets converted into arginine later on (in the kidneys),[7] and at that point, the digestive system can't touch the new arginine, which will then go on to produce more nitric oxide.

As if the blood flow and pumps weren't enough, this also brings other great benefits:[10-13]

- Improved ATP production
- More work output
- Improved recovery

To get a statistically significant boost of NO, we generally need just 3 grams of citrulline,[14] and Merica Labz is giving us *double* that amount.

BOOM: It can get even better with a bit more



It's updated, and bringing more energy and pumps than ever! Meet the latest and greatest version of the **Red, White, & BOOM Pre Workout!**

But what if we stack this with the *Red, White, & BOOM* pre workout?! Then we're looking at 12 grams, which is beyond what researchers call the "maximal effective dose", based upon a study where the law of diminishing returns was hit somewhere between 10 and 15 grams.[15,16] In that study, 10 grams of citrulline definitely outperforms 5 grams in terms of arginine generation, but the participants hit a bit of a wall up to 15 grams.[16]

This leads us to believe that somewhere between 10 and 13 grams is "ideal" if you're really looking to blast those pipes on a big day (and can afford it – it's really not "necessary" but we're all about doing the unnecessary with Merica Labz).

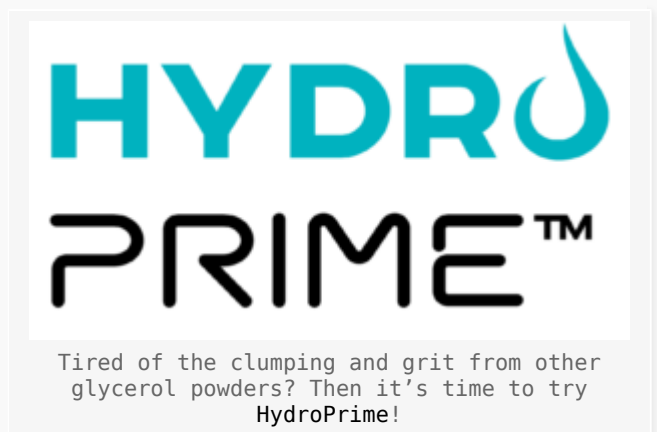
To get that amount of citrulline combined in a scoop each of BOOM and Stars 'N Pipes, you'd need well over 10 pounds of watermelon![15,17-19]

But in general, this is plenty of citrulline enough to take on its own, and another idea is to stack it with *Merica Energy*... or simply go stim-free and take it alone. There's plenty inside.

Oh, and by the way – we have another massive nitric oxide booster coming, but first, let's get *hyperhydrated*:

- **HydroPrime (65% Glycerol Powder) – 5000 mg**

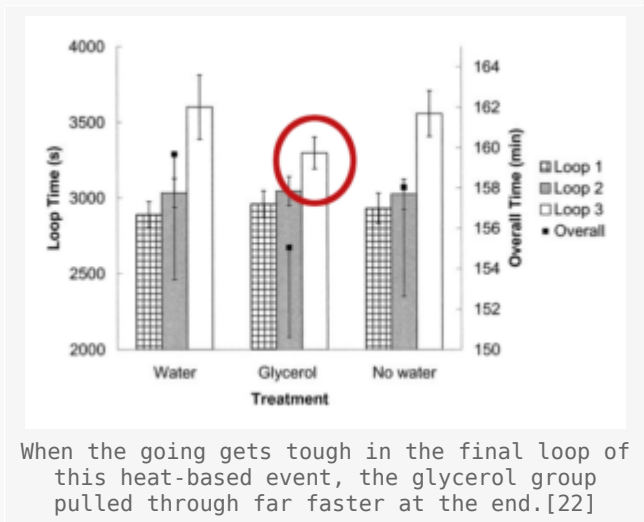
Now that we've got the nitric oxide angle kicked off, we can focus on *cell hydration*, aka our "water pumps". And it's here in a big way, with a whopping *five grams* of **HydroPrime**, the industry's premier glycerol powder from NNB Nutrition.



Glycerol is a *sugar alcohol* that "captures" and holds water it comes across – you may also know it by its other name, *glycerine*.[20] Once digested, glycerol disperses throughout the body and works to *raise total water volume* and *increase osmotic pressure* – taken with enough water, it becomes a state of *hyperhydration*.[21]

In the gym, this provides a unique *hydration pump* that has more volume and feels more “swole”, to use a Merica Labz-friendly broscience term. The majority of the research is on *endurance*, however:

Hydration gains, endurance gains



A study published in 1996 found that 11 resistance-trained athletes who took glycerol alongside water were able to cycle until exhaustion for 21% longer than placebo.[23] Even more interesting, they were able to maintain lower heart rates, indicating less physiological and cardiometabolic stress in the glycerol group![23]

Since it's a sugar alcohol, you may ask, “*were the endurance gains due to glycerol providing energy though?*” – but the researchers tested that. They found that adding carbohydrates to water and glycerol *still* outperformed the water + carbohydrate group that didn't take glycerol.[23] The glycerol + carbs group lasted 123 minutes, while the carbohydrate group without glycerol only lasted 100 minutes.

What about power?

Endurance is great, but beyond pumps, most customers buying a product named *Stars N' Pipes* are looking for *power*. In that case, a 2012 study showed that after 20 days of glycerol consumption, *two glycerol groups had statistically significant increases in both anaerobic and aerobic power output* compared to two non-glycerol groups.[24] More endurance, more power, more *total volume* – if you eat right, you should be able to see *more gains*. *Merica Labz Super Sized* can help with that, by the way.

More blood flow too?!

PricePlow Blog Post

HYDRO PRIME™

NNB

The Ultimate GLYCEROL Supplementation Guide

When it comes to hydration, endurance, cell volumization, and heat tolerance, water is *king*. And this simple ingredient – glycerol – enables you to hold more water for better performance!

Not that we *need* more blood flow with the citrulline (above) and Nitrosigine + pine bark (below), but we *may* get even more from glycerol in the right conditions. When training in intense heat, glycerol consumption has been shown to *increase water retention* and *reduce the strain on the cardiovascular system* – and there was actually *greater forearm blood flow* in the glycerol group![25]

The thermoregulation effect in the study is our primary benefit though – if you're training in intense heat, you know that you need water, plenty of electrolytes... but don't forget about the glycerol! HydroPrime is the first thing we reach for when it gets insanely hot down here in Texas.

Even crazier – glycerol may lead you to using the restroom less,[26,27] as covered in our article titled *Urination at Night?! Add GLYCEROL to Your Sleep Aid!*

HydroPrime: 65% Glycerol with more pumps and less clumps



Glycerol isn't anything *too* new, but the issue was that glycerol supplements were well-known for their clumping and grittiness. Here at PricePLOW, we actually *requested* that NNB Nutrition do something about this problem, asking them to create a better glycerol powder. They did just that, and it's **HydroPrime**, a 65% glycerol by weight that has tested incredibly well in humidity chambers and has made its way into several pre-workout supplements.

None, however, have used a *five* gram dose, next to citrulline no less! We're curious to see how this works out.

You can learn more about glycerol in our epic guide titled *Glycerol: The Ultimate Guide for Hydration, Heat Protection, and Pumps*.

- **Nitrosigine (Inositol arginine silicate) – 1500 mg**



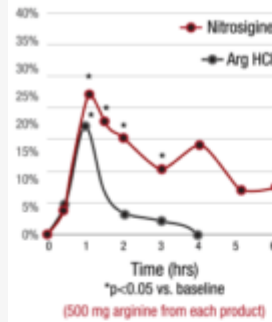
Getting back to *nitric oxide* production: while some researchers were figuring out how to use citrulline to avoid the first-pass effect, [2,4-7] *other* researchers were finding ways to improve arginine itself. The researchers at *Nutrition21* did it by creating and patenting *inositol-stabilized arginine*

silicate,[28] which worked the way we had originally hoped plain L-arginine would. They called it **Nitrosigine**, and it's one of the industry's better-studied ingredients, with new research supporting its use published nearly every year!

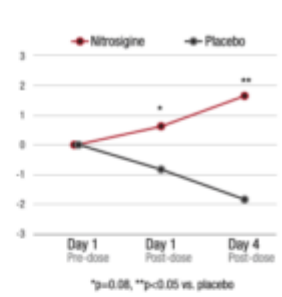
Here, we have a 1500 milligram dose, which is the *clinically-studied dose* used in all of Nutrition21's research:

Nitrosigine's composition increases the bioavailability of L-arginine, keeping it around long enough to get a massive nitric oxide boost – and it works better and longer than straight L-arginine or L-arginine HCl.[29,30] Research has shown that blood arginine levels increase for *six* hours after taking it[29,30] – and also limits arginase activity,[31] further helping to prevent the *breakdown* of the arginine.

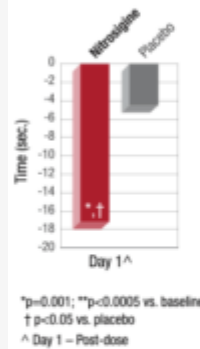
Increases Blood Arginine Levels
Comparative PK Study¹



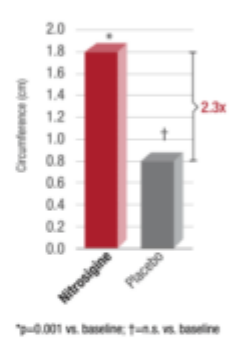
Increases Energy Levels
Change in Energy Level²



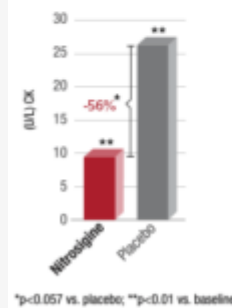
Improves Focus and Mental Acuity
Change in Time to Complete Trail Making Test B
(15 minutes after Supplementation)⁴



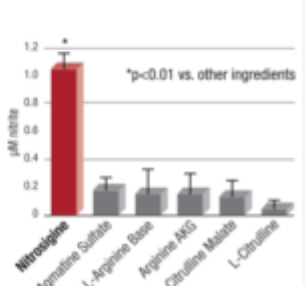
Boosts Muscle Pump
Increase in Upper Leg Pump
After Workout¹- Day 4



Combats Muscle Damage
Change in Creatine Kinase Levels After
Exercise with Supplementation³



Increases Nitric Oxide Production
Nitrosigine vs. Other Ingredients:
In Vitro Study³



§ References: 1. Komorowski J, Perez Ojalvo S. A pharmacokinetic evaluation of the duration of effect of inositol-stabilized arginine silicate and arginine hydrochloride in healthy adult males. *The FASEB Journal*. 2016;30(1):690-17. 2. Rood-Ojalvo S, Gander D, Komorowski J. The benefits of inositol-stabilized arginine silicate as a workout ingredient. *J Int Soc Sports Nutr*. 2015;12(Suppl 1):P14. 3. Kaiman D, Perez Ojalvo S, Komorowski J. Comparison of cellular nitric oxide production from various sports nutrition ingredients. *J Int Soc Sports Nutr*. 2016;13(Suppl 1):P33. 4. Kaiman D, Harvey PD, Perez Ojalvo S, Komorowski J. Randomized prospective double-blind studies to evaluate the cognitive effects of inositol-stabilized arginine silicate in healthy physically active adults. *Nutrients*. 2016;8(11):736.

† Results compared to baseline. *These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Nitrosigine is research-backed and “gym backed” – Image courtesy Nutrition21

Interestingly, research has shown that *citrulline* also synergizes very well with arginine for this same reason[32-34] – it inhibits arginase activity – so you’re going to get a *world* of improvements with the blend in Stars ‘N Pipes. This dosage of Nitrosigine can improve blood flow as much as 8 grams of citrulline malate (which has roughly 4.5 grams of citrulline)[35]... Merica Labz of course chose to go with *both*.

Cognitive improvements too!

You think that blood flow only reaches your *pipes*?! Think again – the veins in your brain’s membrane are about to get some of that boost as well – several research studies have shown that Nitrosigine boosts mental energy, focus, and overall cognitive flexibility![30,36-41]

In fact, we recently spotted a new study published at the end of 2021 titled *Acute Inositol-Stabilized Arginine Silicate Improves Cognitive Outcomes in Healthy Adults* where Nitrosigine significantly increased immediate memory score and RBANS (Repeatable Battery for the Assessment of Neuropsychological Status) versus placebo.[41] We’ll be covering that study shortly, so stay tuned to PricePLOW on that one.

These studies are important because a couple of them have shown that Nitrosigine helped prevent cognitive decline caused by extreme exercise.[30,36]

And finally, back to athleticism, Nitrosigine can also decrease muscle inflammation and damage,[42] similar to citrulline’s downstream benefits.

You can read more in our article titled *Nitrosigine: The Nitric Oxide Booster That Enhances Brain Function*.

- **Pine Bark Extract (95% Proanthocyanidins) – 250 mg**



Pine bark extract is back in a big way – we’ve covered this in a bunch of nitric oxide enhancing supplements lately, and get more excited about the ingredient each time we dig deeper. Pine bark extract boosts eNOS, or *endothelial nitric oxide synthase*,[43-45] which is an enzyme that leads to greater nitric oxide production. The ingredient has been shown to improve both nitric oxide *and* blood flow in many studies.[45-47]

In addition, pine bark extract's incredible antioxidant profile goes beyond eNOS, and has been used to treat numerous cardiovascular system issues over the years, providing several heart-healthy benefits.[43,44] Beyond those, it may also prevent inflammatory conditions and neurological problems,[44] by supporting blood flow and more.

Unsurprisingly in this supplement, Merica Labz provided a large dose, and it approaches a separate pathway than the citrulline/arginine nitric oxide boosters utilized above, as perfect "cap" to the formula.

Flavors Available



The flavors highlighted in yellow are the new flavors in the 2022 re-launch, with *Freedom* being the only flavor name kept from the original:

Get ready to lay the pipe with Stars 'n Pipes!



NEVER BIG ENOUGH. Get ready for a mass gainer that's made from *whole food sources*: **Merica Labz Super Sized!**

After an incredible *Red, White, & BOOM* release, the *restoration* of Merica Labz (also discussed in our updated *Merica Energy* article) is well underway. The honest truth is that BOOM really doesn't need a ton of "help" – it's a fantastic pre workout. But there are definitely times when you want *more* than just citrulline, and the added HydroPrime and Nitrosigine are epic pump-stackers.

In addition, there are times when you just don't want the long-lasting stims in BOOM or other pre workouts. If you're looking for a *pump-heavy* stim-free pre workout that doesn't mess around with much else, Stars 'N Pipes is where it's at.

After your training, it's time to work on *keeping* those pipes big and full. To pack in as many calories as you can, check out *Merica Labz Super Sized*, a weight gainer protein powder that will drive carbs and protein into the muscles you just blew out with your workout.

Now get ready to lay some *Stars 'N Pipes*.

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