

See You at the 19th! Merica Labz SUPRIMOS New 19th Hole Flavor (Iced Tea Lemonade)

written by Mike Roberto | July 20, 2022

It's no secret that 'Merica Labz is one of our favorite brands here at PricePLOW. They've given the world stellar supplements like BOOM Energy Drink and Red White & BOOM Pre-Workout. We especially love their high octane, testosterone-fueled approach to supplement formulation and their marketing savvy.



See you at the 19th Hole! It's Merica Labz' latest flavor of SUPRIMOS, an Iced tea Lemonade combination!

When it comes to *adaptation and innovation*, 'Merica Labz has proven to be extremely capable. At some point, most of their best-selling products have undergone a significant redesign and rebranding. And, importantly, 'Merica Labz' new and improved formulas are *always* better – that's what happens when you value red-blooded *American ingenuity*.

'Merica Labz Announces a New SUPRIMOS Flavor: 19th Hole!

Never ones to rest on their laurels, the patriotic food scientists at 'Merica Labz have come up with yet another improvement on one of their flagship products: a new flavor called **19th Hole**, part of the 'Merica Labz **SUPRIMOS** essential amino acid (EAA) blend that arrives just in time for the final phases of the world-famous *British Open* golf tournament.

This choice of flavor is a real hole in one! After all, it's inspired by the beverage named for legendary golfer, Arnold Palmer: an *iced tea and lemonade mixture*. The refreshing drink has long been regarded as *the* classic beverage of American golf courses. "19th Hole" of course refers to the activity often partaken *after* 18 holes of golf – having a drink!



One sip of this smooth and tangy blend and you will instantly feel as if you're watching the big names of golf get ready to tee off for the world championship title. Don't be surprised if you spontaneously don argyle socks or a Higdon hat!

Check Out Our Full-Length SUPRIMOS Review

Need a refresher on 'Merica Labz' SUPRIMOS BCAA and EAA supplement? Check out our comprehensive ingredient breakdown in *Merica Labz SUPRIMOS: The Supreme Amino Supplement*.

Otherwise, stick around for a *brief* SUPRIMOS ingredient review and *recap*. But first, here are some 'Merica Labz prices and news:

Merica Labz Suprimos – Deals and Price Drop Alerts

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SUPRIMOS Ingredients


An essential amino acid (EAA) supplement is designed to *maximize the user's*

anabolic response, while minimizing catabolism. The anti-catabolic properties of EAAs, and in particular the branched-chain amino acids (BCAAs), make this a popular type of supplement for people who *train fasted* as part of an intermittent fasting (IF) regimen.


In a single, 1-scoop (19 gram) serving of SUPRIMOS from 'Merica Labz, you get the following:

Supplement Facts		
Serving Size: 1 scoop (19.3 Grams) Servings Per Container: 30		
	Amount per Serving	DV%
Potassium (From Potassium Chloride) (From Aquamin™ Sea Minerals)	100 mg	2%
Sodium (from Sodium Citrate) (from Aquamin™ Sea Minerals)	100 mg	4%
Calcium (from Aquamin™ Sea Minerals)	170 mg	17%
Magnesium (From Magnesium Glycinate)	160 mg	40%
Branched-Chain Amino Acids (BCAAs)		
L - Leucine	3500 mg	**
L - Isoleucine	1750 mg	**
L - Valine	1750 mg	**
Other Essential Amino Acids (EAAs)		
L - Lysine	1525 mg	**
L - Threonine	1000 mg	**
L - Phenylalanine	200 mg	**
L - Histidine	100 mg	**
L - Tryptophan	100 mg	**
L - Methionine	75 mg	**
Taurine	2500 mg	**
Aquamin™ Sea Minerals	1000 mg	**
**Daily Value (DV) not established.		

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



Manufactured in a U.S. cGMP Facility.
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- **Branched-Chain Amino Acid (BCAA) 2:1:1 Blend** – 7,000 mg: The BCAAs are *leucine*, *isoleucine*, and *valine*. Each one has anti-catabolic and pro-anabolic effects but *leucine* predominates in BCAA blends because it activates mTOR, a master switch of the anabolic response. BCAAs also increase athletic *endurance*.
- **Essential Amino Acid (EAA) Blend** – 3,000 mg: What makes any aminos “essential” is the fact that your body can only make them in very limited quantities, or more commonly, can’t make them at all. While the BCAAs we mention above are classified as essential amino acids, there’s a total of *nine* EAAs in all. The other six are:
 - **L-Lysine** – 1525 mg: an important *carnitine* precursor that helps you absorb *calcium*, and regulates where calcium is deposited *in* your body’s various tissues. Lysine is also important for *collagen production*.



- **L-Threonine** – 1000 mg: required for optimal production of *glycine* and *serine*, two neurotransmitter-like amino acids that are crucial for optimal brain function. Threonine also helps maximize *muscle protein synthesis*.
- **L-Phenylalanine** – 200 mg: a precursor to *tyrosine*, which is in turn the precursor to many important *neurotransmitters*, including dopamine and adrenaline.
- **L-Histidine** – 100 mg: a precursor to *carnosine* (not to be confused with *carnitine*, mentioned above). Carnosine helps prevent lactic acid buildup in muscle tissue, which can improve *athletic endurance*. Elevated levels of histidine can increase the rate of muscle protein synthesis.
- **L-Tryptophan** – 100 mg: don't worry, this one won't make you sleepy! But it *can* help increase your *pain tolerance* and improve mood by increasing serotonin production.
- **L-Methionine** – 75 mg: an *antioxidant* amino acid, which is a precursor to *taurine* and *cysteine*, two different amino acids that are crucial for athletic performance and post-exercise recovery. Similar to lysine, methionine is also a precursor to *carnitine*.
- **Taurine** – 2500 mg: taurine is *conditionally essential*, meaning that your body *can* produce a good bit of taurine on its own, but not enough for *optimal* health.

Taurine really helps pump up your *mitochondria*, the organelles in cells that are responsible for producing all the energy your body uses. Taurine is also an osmolyte, helping to regulate your cells' water balance, which improves performance and protects cells from *heat stress*. Taurine also helps improve *calcium signaling*, potentially increasing *strength*, and has GABAergic activity in the brain. Lastly, taurine helps increase nitric oxide production, which triggers *vasodilation* and can create a bit more *pump*.



You thought Alpine Pew Pew Merica Energy was the original of this flavor? Not so fast! It's been out with Suprimos for far longer!

Aquamin Sea Minerals – 1000 mg: good *electrolyte support* to replenish whatever trace minerals you've lost while sweating during your workout.

- **Magnesium (from Magnesium Glycinate)** – 160mg (40% DV): *magnesium* is a true *wonder supplement* with huge metabolic benefits: reduces glucose and insulin blood levels, improves lactic acid clearance, and *reduces anxiety*. Magnesium deficiency is common, and the glycinate form of magnesium is superior to others in terms of its bioavailability and side-effect profile. *Glycine* is also beneficial; it has downstream GABAergic activity and supports collagen production.

Again, see our original *SUPRIMOS* article for the full list of references.

Other Flavors Available

Iced Tea Lemonade not your thing? Not a problem here, SUPRIMOS has some phenomenal options, including the world-class *Daytona Beach* variation if you're into tropical flavors:



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

See you at the 19th Hole!

'Merica Labz has done it again, making a *great product even better* by releasing it in a *bold new flavor*. This is always an incredibly enjoyable flavor system.

Since you've made it this far, here's some industry insider information: many brands are calling this type of flavor *Arnold Palmer*, even if it's not officially licensed through Arnold Palmer and his estate. Reason being, the estate is [currently] not pursuing users of the trademark in the supplement/drink space, so brands are taking advantage of the name without necessarily paying.



However, *Merica Labz* has decided *not* to use the name. You never know what the future holds, and as typical for the brand, they've decided to go their own way.

And ultimately, this is *better* – because *19th Hole* is the best name we've seen for this flavor system yet.

Leave it to Merica Labz to leave their mark, once again. This is the way.

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The image shows the packaging for Merica Labz Suprimos, a branched chain amino acid (BCAA) supplement. The packaging features an American flag design and the text "SUPRIMOS BCAA TEAMS WITH HYDRATION AND ELECTROLYTES 18TH HOLE". To the right of the packaging is a "Supplement Facts" table.

Supplement Facts		
Serving Size: 1 Packet (18.2 Servings) Servings Per Container: 18		
	Amount per Serving	% Daily Value*
Phenylalanine (from Palmitone Chemical Form Aspartate) (See Warnings)	1000 mg	20%
Leucine (from Sodium Citrate Form Aspartate) (See Warnings)	1000 mg	20%
Valine (from Aspartate) (See Warnings)	1000 mg	20%
Aspartate (from Palmitone Chemical Form)	1000 mg	20%
Branched Chain Amino Acids (BCAA)		
L-Leucine	1000 mg	20%
L-Valine	1000 mg	20%
L-Isoleucine	1000 mg	20%
Other Essential Amino Acids (EAA)		
L-Lysine	1000 mg	20%
L-Threonine	1000 mg	20%
L-Phenylalanine	1000 mg	20%
L-Methionine	1000 mg	20%
L-Tryptophan	1000 mg	20%
L-Histidine	1000 mg	20%
L-Tyrosine	1000 mg	20%
*Daily Value (DV) not established.		

OTHER INGREDIENTS: Sodium and Potassium Bicarbonate, Natural Flavors, Citric Acid, Sucralose, Stevia Leaf Extract, Natural Sweetener, Citrus Oil, Natural Orange Flavor, Natural Lemon Flavor, Natural Lime Flavor, Natural Peach Flavor, Natural Raspberry Flavor, Natural Strawberry Flavor, Natural Watermelon Flavor, Natural Blueberry Flavor, Natural Blackberry Flavor, Natural Elderberry Flavor, Natural Pomegranate Flavor, Natural Dragonfruit Flavor, Natural Mango Flavor, Natural Pineapple Flavor, Natural Kiwi Fruit Flavor, Natural Guava Flavor, Natural Passion Fruit Flavor, Natural Raspberry Cheesecake Flavor, Natural Strawberry Cheesecake Flavor, Natural Blueberry Cheesecake Flavor, Natural Blackberry Cheesecake Flavor, Natural Elderberry Cheesecake Flavor, Natural Pomegranate Cheesecake Flavor, Natural Dragonfruit Cheesecake Flavor, Natural Mango Cheesecake Flavor, Natural Pineapple Cheesecake Flavor, Natural Kiwi Fruit Cheesecake Flavor, Natural Guava Cheesecake Flavor, Natural Passion Fruit Cheesecake Flavor.