

MTS Insurgent – The Machine’s MAN MAKER

written by Mike Roberto | November 29, 2016



MTS Machine is back with Insurgent, an all-new supplement that's specifically engineered to be an "extremely potent libido and testosterone booster."

He's back! It's been quite a while since we've seen a new supplement from Marc Lobliner and his supplement company **MTS Nutrition**.

Last we saw the famous bodybuilder and company spokesman was when he revised its popular fat burner Drop Factor. MTS Whey is also continually getting creative new flavors, which fans can't stop loving and haters can't stop envying.

But we need more from MTS, and Marc and the team have *delivered*.

The MTS Machine is back with **Insurgent**, an all-new supplement that's specifically engineered to be an "extremely potent libido and testosterone booster." It makes use of some tried and true testosterone / libido boosters as well as some new up and coming workhorses that we're really excited about.

We've got the full breakdown ahead, but before we get there, please take a moment to check the best deal and sign up for PricePLOW alerts:

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Insurgent Ingredients

Insurgent is loaded with four transparently dosed ingredients included to increase total and free testosterone, as well as male performance, strength, lean muscle mass.

Note: Doses listed below are based on 1 serving (i.e. 3 capsules).

- **L-Carnitine L-Tartrate (1000mg)**

Supplement Facts		
Serving Size: 3 Capsules		
Servings Per Container: 30		
	Amount Per Serving	%DV
L-Carnitine L-Tartrate	1000mg	†
Shilajit Extract (PrimaVie®) (50% Fulvic Acid)	500mg	†
Spilanthes Acmella Flower Extract 10:1 (3.5% Spilanthol)	300mg	†
Eurycoma Longifolia (Longjack) Root Extract 100:1	200mg	†

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

MTS incorporates that increase testosterone, androgen receptor density, and libido for a rather unique and intriguing natty test booster.

L-Carnitine L-Tartrate (LCLT) is a more bioavailable form of L-Carnitine that has numerous research trials documenting its effectiveness for a much wider portion of the population compared to regular L-Carnitine which is only truly beneficial for those lacking the in amino acid, such as the elderly or vegetarians.[1,2]

Most associate LCLT as a supreme recovery agent that also improves endurance and blood flow while limiting the levels of several important muscle damage markers, namely serum CK and myoglobin concentrations.[3,4,5]

However, the primary reason LCL is included in Insurgent is that it **increases androgen receptor density** in muscle cells.[6,7] In other words, consuming LCLT makes your anabolic hormones (i.e. testosterone) operate more efficiently, ultimately allowing you to get more “gains” from your workout – and a better response to the ingredients that follow:

- **PrimaVie Shilajit (500mg)**

Developed by Natreon Inc, PrimaVie Shilajit is a patented form of the Ayurvedic compound standardized to 50% *Fulvic Acid*. The major claim to fame of fulvic acid is that it’s been well-established to enhance the bioavailability of compounds its packaged with, namely furosemide.[8,9]



There’s much more to this powerful compound though, as consuming Shilajit may also impart its own collection of anabolic and pro-testosterone properties. More current research involving the compound notes increased testosterone secretion and stimulation.[10]

On top of that, one other trial found it “resulted in skeletal muscle adaptation through upregulation of ECM-related genes that control muscle mechanotransduction properties, elasticity, repair, and regeneration.[11] Basically, shilajit enhanced a muscle’s pliability, as well as its ability to repair itself when exposed to stress or damage.

Shilajit to blow up in sports nutrition?

We’re starting to see this ingredient more and more lately, and the response has been incredible. Either the market’s finally caught on, or the ingredient suppliers have figured out the standardization. Regardless, expect to see more of this one over the next couple of years – and the same goes for the next ingredient too:

- **Spilanthes Acmella (300mg)**

This is one of the newest and trendiest all-natural testosterone boosting ingredients on the market, so much so that we recently wrote a very detailed

mega-post on it titled *Spilanthes Acmella: Testosterone-Boosting Flower Power*.

Spilanthes Acmella
Natural Testosterone Booster



blog.PricePLOW.com/spilanthes-acmella

Spilanthes Acmella is a next-generation natural testosterone booster we've got to try!

You can read the mega post for all the gory details, but the main takeaway points here are that Spilanthes is an ancient Ayurvedic medicine used as both an analgesic (pain reliever) and aphrodisiac,[12] yet it seems to have *real* testosterone-boosting prowess, at least in animal models so far.

Spilanthes Acmella is loaded with a number of potent compounds, but *Spilanthol* in particular is the primary bioactive compound of the plant.[13,14] Note that Insurgent's Spilanthes extract is standardized to 3.5% *spilanthols*.

In terms of making your more "manly," early studies on Spilanthes show it significantly boosts testosterone and luteinizing hormone in mice, after only 28 days of usage.[12] Moreover, Spilanthes supplementation also elevated serum testosterone levels significantly ($p < 0.05$) in subjects receiving various concentrations (50, 100 and 150mg/kg) of the extract compared to the control group.

A few other "fringe benefits" associated with the compound include increased sexuality, and nitric oxide levels, but of which can help in the *male performance* arena, if you catch our drift.

Our biggest question is how the doses will work out. To mimic those rat studies, you'd need nearly 1.6g per day – but we're hearing that *far* less makes for some crazy good results. We expect to put this ingredient under the blood test microscope in 2017, so stay tuned to our Spilanthes post for that

one.

- **Eurycoma Longifolia 100:1 (200mg)**



The Machine wants YOU to be as manly as him and try Insurgent for a new level of machismo.

Eurycoma Longifolia, also known as **Longjack** or **Tongkat Ali**, is yet another ingredient we've covered it in great detail in our **Tongkat Ali** write-up, which is popular moniker for the ancient herb.

Longjack is well known in natural muscle-building / testosterone-boosting supplements. It's frequently used to increase male virility and sexual prowess, but the biggest benefit of Longjack supplementation is that it's been documented to increase free testosterone levels, total testosterone levels, and force production![15]

Furthermore, Longjack also assists with regulating estrogen expression[16,17] and reducing cortisol levels[18], which as you may know can significantly affect muscle gains in a bad way if either get out of control.

Dosing

No specifics on dosing have been released on Insurgent yet as the supplement is currently in beta-testing with 50 lucky participants on MTS' social feed. After Insurgent clears testing, and initial feedback is received, it will then be made available for everyone else. At that point, we'll come back here and update with the appropriate dosing protocol.

What about Barracuda? It stays for a crazy stack!



Don't worry, Barracuda is still around and can be stacked with Insurgent for the ultimate Natty Test Boosting experience!

This is the second testosterone booster from the brand, the first being MTS Barracuda, which is mainly driven by D-Aspartic Acid, a compound deemed a bit more of a "sex supplement" than a long-term test booster. While this ingredient will raise your testosterone for a couple of weeks (and those 2-3 weeks are absolutely awesome), levels generally return to normal within a month.

We're expecting Insurgent to be more powerful than this, especially over the course of an entire month. We asked Lobliner what would happen to Barracuda, and he says that **Barracuda will stay and that it will be a phenomenal stack.**

With the Barracuda / Insurgent stack there's no ingredient overlap – so you come from the Barracuda-based DAA, and stay for the Insurgency!

Takeaway

Natural testosterone boosters are one of the most crowded segments of the supplement market, most of which are *still* absolute junk, in all honesty. MTS Insurgent is a breath of fresh air in an otherwise beleaguered niche of the industry. It uses a couple proven commodities alongside a two new, extremely intriguing ingredients that actually show great promise according to the most recent animal studies.

Get ready for Machine Mode. We can't wait to see how this one works.

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