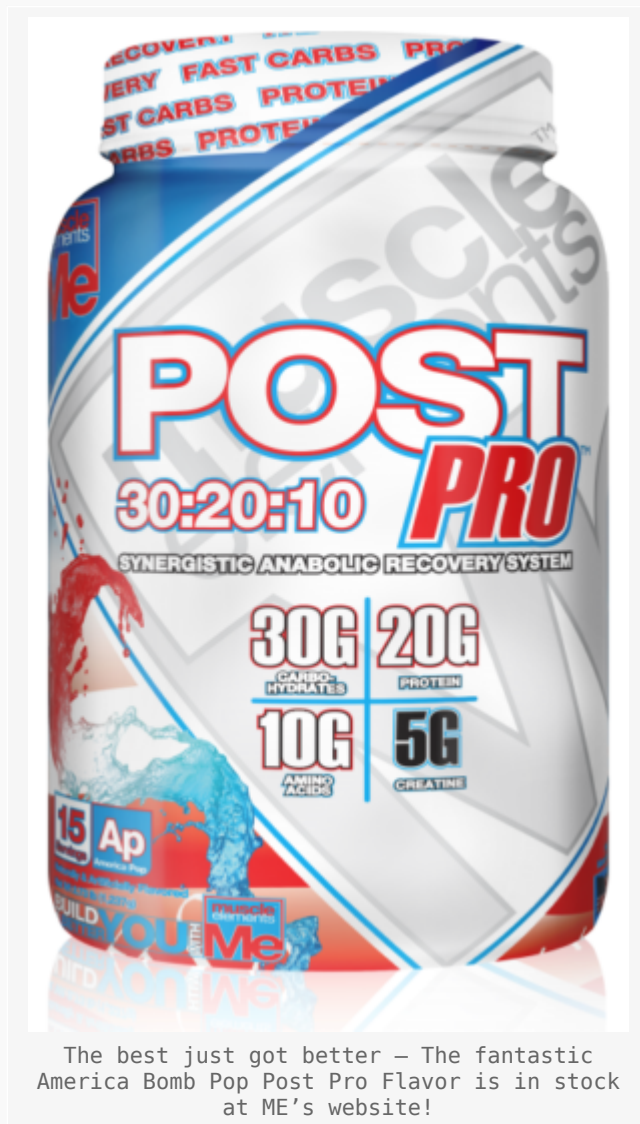


# Muscle Elements Post Pro: Post-Workout Recovery in a Hurry

written by Mike Roberto | January 14, 2018



Since launching in 2013, **Muscle Elements** has been synonymous with top-notch quality supplements, as evidenced by their 3rd-party lab-tested protein powder, T.R.U.T.H., and monster pre workout PreCre (or PreCre XS if you're into higher caffeine).

It's been awhile since we've discussed M.e., but we had a couple of cool interviews on our YouTube channel with founder Eric Tomko ([here](#) and [here](#)) at the Arnold.

Now, the brand is back in the spotlight after launching their comprehensive, and *massive*, post workout supplement **Post Pro**.

In 2018, the best post workout supplement just got better, too – *improved flavors are here!* Wait until you taste the updated Orange Cream and the new Rocket Pop flavors!

We've got more info ahead on this behemoth post workout supp, but first, take a moment to check the best deal and sign up for alerts from PricePLOW:

## Muscle Elements Post Pro – Deals and Price Drop Alerts

### Get Price Alerts

Get Post Pro Price Alerts Get Muscle Elements alerts Get Post Workout Supplements price drops

Also get hot deal alerts

*No spam, no scams.*

**Disclosure:** PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

## Post Pro Ingredients

Post Pro is all about replenishing what was depleted during training and providing your body with the essential nutrients it needs to recover, repair, and most importantly, GROW.

- **Dextrose (25g)**

# Supplement Facts

Serving Size: 2 scoops (79.75g)

Servings Per Container: 15

	Amount Per Serving	% Daily Value†
Calories	200	
<b>Total Fat</b>	1g	1%
Saturated Fat	0.5g	3%
Cholesterol	30mg	10%
<b>Total Carbohydrate</b>	30g	11%
Total Sugar	24g	**
Protein	20g	40%
Vitamin C	997mg	1108%
Vitamin E	68mg	453%
(as DL-Alpha Tocopheryl Acetate)		
Riboflavin (as Riboflavin)	60mg	4615%
Niacin (as Niacin)	118mg	738%
Vitamin B <sub>6</sub> (as Pyridoxine HCL)	29mg	1706%
Vitamin B <sub>12</sub> (as Methylcobalamin)	299mcg	12,458%
Calcium	99mg	8%
Sodium	70mg	3%
Potassium	129mg	3%
Dextrose	25g	**
L-Glutamine	5g	**
<b>Instant BCAA Blend (3:1:2)</b>	5g	**
Instantized L-Leucine	2,499mg	**
Instantized L-Valine	1,666mg	**
Instantized L-Isoleucine	833mg	**
Creatine Monohydrate	4g	**
Creatine HCL	1g	**
Tart Cherry Powder	400mg	**
Coconut Water Powder	300mg	**
<b>Whey Protein Isolate</b>	<b>13.34g</b>	<b>**</b>
(Micro Processed & Instantized WPI 90% yielding 12g of complete protein)		
<b>Whey Protein Concentrate</b>	<b>10.15g</b>	<b>**</b>
(Micro Processed & Instantized WPC 80% yielding 8g of complete protein)		

† Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily Values Not Established.

Post Pro contains a heaping helping of several key ingredients that help rebuild and repair your worn down muscles following a workout.

Intense training burns up your body's glycogen stores, and post workout is one of the prime times your body can take in a heaping helping of simple sugars it can use to replenish those depleted glycogen stores.

Post Pro has included dextrose (glucose), one of the most basic sugars that your body uses as its primary source of energy. Dextrose is roughly 30% less sweet than sucrose (table sugar) and has a high glycemic index rating, which is precisely what you want following a workout.

Dextrose, and other simple sugars, create an insulin spike which primes your body to shuttle nutrients into your weary muscles where they can get to work restoring and repairing those muscles and glycogen stores you just finished destroying.

Long story short – You want to get your muscle glycogen back? This is the fastest way to do it, and it's a *real* dose.

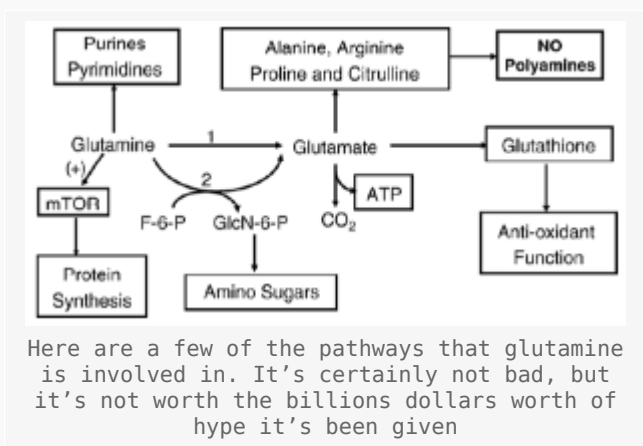
## • Whey Protein

No post workout supplement would be complete without a source of protein, and Post Pro is no exception. They've included **whey protein**, the most popular post workout protein, in a unique combination of *13.34g 90% Whey Protein Isolate* (yielding 12g protein) and *10.15g Whey Protein Concentrate 80%* (yielding 8g of protein) for a total yield of 20g protein per serving.

This 20g will help flood your body with all the essential amino acids it needs to kickstart the repair, recovery, and growth processes to help you keep those gains coming after each and every workout.

Note that this is listed lower on the label, but because it's a solid 20g dose, we are putting it second to keep the flow proper.

## • L-Glutamine (5g)



**Glutamine** is a popular supplement found in nearly every single post workout formula on the market, but few include it at a hefty 5g serving. It's often included for its purported recovery and muscle building qualities. Truth be told, glutamine get gobbled up by the stomach before it get to the intestines for absorption and transport to your muscles, where it's needed. L-Alanine can help glutamine "survive" the stomach, but that amino isn't included here.[1]

However, the good news (in this case) is that glutamine is a glucogenic amino acid, meaning that your body converts it into *more* blood sugar – which is a great thing post workout. But is it really needed on top of all that dextrose? Maybe, maybe not, but it's affordable so many aggressive muscle-building athletes will still take it.

Bottom line is it's good for gut health, but for recovery and muscle building, glutamine isn't going to do much.

- **BCAA 3:1:2 (5g)**

BCAAs have been getting hammered pretty hard lately as more and more research is showing they're not all they were originally cracked up to be, particularly in regards to muscle gain when used alone.[2,3]

While we'll save that discussion for its own post, we wouldn't be doing our due diligence if we didn't highlight the fact that BCAAs *alone* are inferior to EAAs and whey protein for stimulating muscle protein synthesis. Good news here is that we have also have whey protein (and its associated EAAs) inside of this, so this is the use case where BCAAs can actually make *additional* gains possible.

On top of the whole whey protein we're getting above, Post Pro adds 5g of 3:1:2 BCAA on top to ensure you're getting enough Leucine to stimulate mTOR effectively. Each serving provides ~2.5g Leucine, 1.667g Valine, and 0.833g Isoleucine.

- **Creatine (5g total)**



Need some extra aminos during your workout for sustained muscle building and pumps? Check out AmiNO Flow

The king of old school muscle building supplements, creatine really needs no

introduction or in-depth explanation. It's been proven time and again to work, so we'll leave it at that.

What we will mention is that Muscle Elements has used two forms of creatine to give users a total of 5g creatine that's split between 4g monohydrate and 1g Creatine HCl. We're getting our daily 3-5g of creatine so this gets passing marks in our book.

Now here's what's cool – many of the big guys out there enjoy 10g of creatine, especially since it's no longer an expensive ingredient. If you take the **PreCre (or PreCre XS) + PostPro stack**, you'd be looking at a solid 10g of creatine, and there is absolutely *nothing* wrong with that!

What we're starting to see here is that PostPro is the supplement for those who are looking for "gains in a hurry" or a monstrously full pump after their workout so you can continue to look big after your training session.

- **Tart Cherry Powder (400mg)**

Now the anti-inflammatory style of recovery begins!

**Tart cherry** juice has been pretty well vetted for its ability to improve recovery and reduce muscle pain induced by high intensity exercise.[4] Tart cherry powder is a high quality, powdered form of tart cherry juice that's packed with all the same antioxidant and anthocyanins which help combat inflammation, lower muscle damage and recover strength faster following your gym session.[5]

- **Coconut Water Powder (300mg)**



Post Pro is a serious post workout supplement from Muscle Elements featuring dextrose, whey protein, and a full 5g of creatine.

During intense exercise, you're most likely sweating buckets. With all that sweat comes a serious loss of key electrolytes which support hydration, muscle contraction, and nerve function. Following a workout it's crucial to replenish these lost nutrients, and one effective way to do so is with coconut water.

This stuff is packed with potassium which helps restore electrolyte balance, enhance hydration, and help offset any possible cramping that can result from depleted electrolytes.[6]

The more we dig into dieting, the more we realize how electrolyte imbalance is a *serious* part of this nation's hypertensive crisis. Keep your system straight with added electrolytes from sodium and potassium, and never neglect magnesium at the end of your day either.

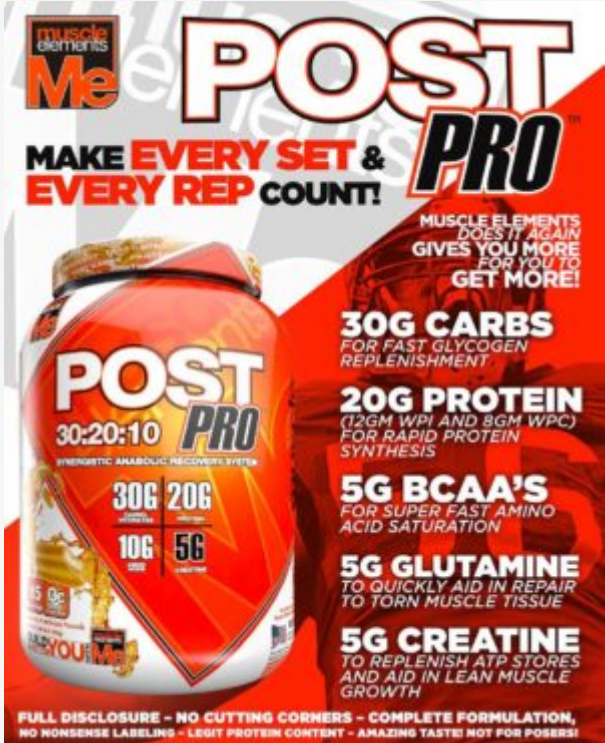
## Macros

You may have seen other post workout supplements before, but we can't remember

ever seeing one with such a massive serving size. One serving of Post Pro (2 scoops) clocks in at a mighty 79.75g at contains the following nutrition:

- **Calories:** 200
- **Protein:** 20g
- **Carbs:** 30g (24g sugar)
- **Fats:** 1g (0.5g saturated)

**NOTE:** Post Pro uses *non-amino-acid-spiking* labeling



muscle elements Me **POST PRO**  
MAKE EVERY SET & EVERY REP COUNT!  
MUSCLE ELEMENTS DOES IT AGAIN GIVES YOU MORE FOR YOU TO GET MORE!  
**30G CARBS** FOR FAST GLYCOGEN REPLENISHMENT  
**20G PROTEIN** (12GM WPI AND 8GM WPC) FOR RAPID PROTEIN SYNTHESIS  
**5G BCAA'S** FOR SUPER FAST AMINO ACID SATURATION  
**5G GLUTAMINE** TO QUICKLY AID IN REPAIR TO TORN MUSCLE TISSUE  
**5G CREATINE** TO REPLENISH ATP STORES AND AID IN LEAN MUSCLE GROWTH  
FULL DISCLOSURE - NO CUTTING CORNERS - COMPLETE FORMULATION, NO NONSENSE LABELING - LEGIT PROTEIN CONTENT - AMAZING TASTE! NOT FOR POSERS!  
30g of carbs, 20g of whey protein, and an extra 5g BCAA – everything you need to repair and grow muscle.

This may be confusing to those of you who haven't been around the last few years, but we'll try to explain our take on these calories. The FDA actually dictates that the free form amino acids (such as glutamine and BCAAs) *should* get counted as "protein" when added to another bonded protein (the whey protein, in our case here).

Muscle Elements has opted *not* to count that as actual protein, which makes sense, since that can be deceptive and lawsuits have been based around it. There is legitimately 20g of *food-based protein* here from whey.

However, we do like to point out that BCAAs *are* digestible calories, and so if you're an *insane* calorie counter, you may wish to call this **220 calories** and **24g protein**, which we feel is a happy medium.



Given that this product seems to be designed for those who want to make gains in a hurry after their workout, we don't think anyone cares *that* much, but now you know... so chow down.

## Flavors Available

Currently, Post Pro is only available in one flavor – **Orange Cream Pop**, though we do expect the brand to roll out another flavor or two as Post Pro gets around the market.

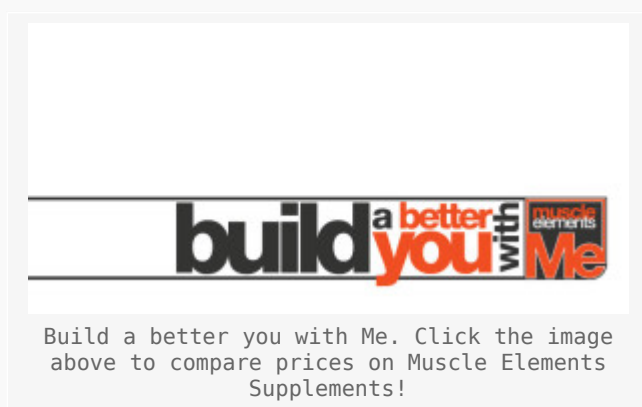
## Will the ROCKET POP / “Blue Bomb” Flavor Going to Revolutionize Post Workouts?!

We got a chance to help Muscle Elements decide if they want to go to production with this new “Blue Bomb” flavor – and the answer is a resounding *yes!*

And now the *official* America Pop flavor is out, and it's as good as we hoped!

Now that it's out at ME's website, it's officially named “*America Pop*”... so take a look or sign up for the alerts below and we'll notify you when there's deals on it!

## Takeaway



Most people end up chugging a protein shake immediately after training, and while that's good, chugging protein only provides a bit of what your body needs. Post Pro provides a more complete post workout supplement for the lifting *professionals* out there that train hard and need to recover even harder.

If you want to get from here to there faster than you otherwise would have, Post Pro makes good sense. If you want to get a nice-post workout swell on for whatever you're doing afterward (hot date, beach day, pool party, or just mirin' in the mirror), Post Pro makes perfect sense. And if you want to double the creatine, then the PreCre + PostPro stack makes crazy good sense.

This isn't some lightweight BCAA+glutamine recovery supp like you normally see. Post Pro delivers it all – protein, lots of carbs, and other agents to

accelerate your recovery and replenish depleted electrolytes.

## Muscle Elements Post Pro – Deals and Price Drop Alerts

### Get Price Alerts

Get Post Pro Price Alerts Get Muscle Elements alerts Get Post Workout Supplements price drops

Also get hot deal alerts

*No spam, no scams.*

**Disclosure:** PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

## References

1. Rao R, Samak G. Role of Glutamine in Protection of Intestinal Epithelial Tight Junctions. *Journal of epithelial biology & pharmacology*. 2012;5(Suppl 1-M7):47-54. doi:10.2174/1875044301205010047. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4369670/>
2. Wolfe RR. Branched-chain amino acids and muscle protein synthesis in humans: myth or reality? *Journal of the International Society of Sports Nutrition*. 2017;14:30. doi:10.1186/s12970-017-0184-9. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5568273/>
3. Jackman SR, Witard OC, Philp A, Wallis GA, Baar K, Tipton KD. Branched-Chain Amino Acid Ingestion Stimulates Muscle Myofibrillar Protein Synthesis following Resistance Exercise in Humans. *Frontiers in Physiology*. 2017;8:390. doi:10.3389/fphys.2017.00390. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5461297/>
4. Howatson G, McHugh MP, Hill JA, Brouner J, Jewell AP, van Someren KA, Shave RE, Howatson SA. Influence of tart cherry juice on indices of recovery following marathon running. *Scand J Med Sci Sports*. 2010 Dec;20(6):843-52.
5. Cassidy A, Rogers G, Peterson JJ, Dwyer JT, Lin H, Jacques PF; Higher dietary anthocyanin and flavonol intakes are associated with anti-inflammatory effects in a population of US adults. *Am J Clin Nutr*. 2015 Jul;102(1):172-81.
6. M. Saat, R. Singh, R. Sirisinghe, and M. Nawawi, Rehydration After Exercise With Fresh Coconut Water, Carbohydrate-Electrolyte Beverage and Plain Water, *Journal of Physiological Anthropology and Applied Human Science*, 21 no. 2 (2002).