

THE Eddie Hall Pre-Workout: A Carb-Enhanced Collab with Myprotein

written by Nick Andrews | December 13, 2021

Wanna be the *World's Strongest Man*?

Pay attention: Myprotein is giving you your long-awaited shot at greatness with this special pre-workout formula developed in conjunction with **Eddie Hall**, the 2017 winner of the World's Strongest Man competition.

Supplement Facts	
Calories	107
Total Carbohydrate	12g
Total Sugars	7g
Added Sugars	5g
Wash	35mg
Folic Acid	450mg
Flavonoid	20mg
Citrus	320mg 25%
Choline	250mg 25%
L-Citrulline Malate	8000mg
Beta Alanine	6400mg
Creatine Monohydrate	6000mg
Betaine Anhydrous	2500mg
L-Glutamine	2000mg
HMB Powder	2000mg
N-Acetyl L-Tyrosine	750mg
MSM 45% Active Methylsulfonylmethane Powder	300mg
Caffeine Anhydrous (as Caffeine Anhydrous and Sucrose Seed Extract)	200mg
Phenylethylamine (as SudoButyl)	50mg
AuthoGlyc™ (Mangifera indica/Carica papaya and Pterocarya stanleyi) Fruit Extracts	20mg
BiActive™ Black Pepper Fruit Extract	20mg

What are your thoughts on this first run of Myprotein's THE Pre Workout with EDDIE HALL? Because it sold out quick and we want them to make more!

We've seen some awesome products come out of Eddie's collaboration with Myprotein already, such as the ALL-IN-ONE complete recovery protein, which went above and beyond run-of-the-mill protein powder supplements by adding *carbs* in the correct ratio to protein, as well as blend of *three* different proteins in order to support every aspect of the post-workout recovery. You can read our review of it here: *Eddie Hall Joins MyProtein for The ALL-IN-ONE Protein*.

A Bold new Product in Myprotein's THE Pre Workout Line

Before Eddie Hall came on board, Myprotein actually released a version of THE Pre-Workout that had a simpler formula, but we're excited for the updated version, because we think the new additions will go a long way towards supporting the end user's athletic and aesthetic goals. For comparison, check out our review of THE 1.0 in our article titled *Myprotein THE Pre-Workout: A Boost When You Need it Most* and even compare it to *Myprotein The Pre Workout Plus*, which this also takes to another level.

Now let's take a look at what's in the *new* formula. We'll see a new ingredient,

plus a *big* increase in dose for the others.

Myprotein THE Pre-Workout - Eddie Hall – Deals and Price Drop Alerts

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Eddie Hall's Pre Workout Ingredients: A Carb-amplified pre workout

In a single 45-gram scoop of THE Pre-Workout Eddie Hall from Myprotein, you get the following:

- **Carbohydrates from Dextrose and Pea Starch – 12g**

Serving Size - 1 Scoop (45g)

Servings Per Container - 20

Supplement Facts

	Per Serving	% Daily Value*
Calories	60	
Total Carbohydrate	12g	3%
Total Sugars	5g	
Added Sugars	5g	0%
Niacin	15mg	90%
Folic Acid	415mcg	100%
Vitamin B12	25mcg	1040%
Calcium	320mg	25%
Choline	200mg	35%
L-Citrulline Matrix	8000mg	†
Beta Alanine	6400mg	†
Creatine Monohydrate	6000mg	†
Betaine Anhydrous	2500mg	†
L- Glutamine	2000mg	†
HMB Powder	2000mg	†
N-Acetyl L-Tyrosine	750mg	†
KSM-66® Ashwagandha Root Extract Powder	300mg	†
Caffeine Anhydrous (as Caffeine Anhydrous and Guarana Seed Extract)	200mg	†
Theacrine (as TeaCrine®)	50mg	†
AstraGin® (Asragalus membranaceous and Panax notoginseng) Root Extracts	25mg	†
BioPerine® (Black Pepper Fruit Extract)	2.5mg	†

Ingredients

Raspberry Ripple: Silicon Dioxide, Calcium Silicate, Dextrose, Pea Starch (as Carb10®), Natural & Artificial Flavoring (Natural & Artificial Flavor, Modified Food Starch), Beetroot Concentrate (Color), Citric Acid, Sucralose, Acesulfame Potassium.

How's this for an upgraded member of THE Pre Workout Line? Eddie Hall demands more *carbs* and gets them here as well as his All-in-One Protein Powder!

The first thing to note is that we have **12 grams of carbohydrates** from two sources, **dextrose** and **pea starch**. This is no surprise, given how big and hard Eddie trains, and the fact that he also had these added to his The All-in-One Protein to support recovery. With his stack, you're getting carbs both before *and* after training – which is all the better if you're trying to keep insulin elevated to drive nutrients into the muscles.

The label shows **5 grams of sugar**, which will be coming from the dextrose. This is the fast-acting carbohydrate that is also known as *d-glucose*, and is the type of sugar used in our very own blood – so it's going to very fast and very easy to process. Dextrose is great because it loads the muscle as opposed to the liver (this is discussed in greater detail in The All-in-One article linked above). The rest comes from pea starch, a slower-digesting carb source, so you're getting a blend of fast *and* sustained energy here!

12 grams isn't a *massive* dose, but it's a dose nonetheless – and in an era where 99% of pre workouts (or more?) *don't* have carbs... Eddie knows how to differentiate and give you a little something extra right off the bat.

- **Niacin – 15mg (90% DV)**

Niacin is the precursor to an important coenzyme called *nicotinamide adenine dinucleotide* (NAD), [1] which is required for the *electron transport chain* to function correctly. [1] Because the electron transport chain is the foundation of the whole human metabolism, giving it the raw materials it needs to work is important for maximizing your physical performance.

- **Vitamin B12 – 25mcg (1040% DV)**



Eddie Hall and Myprotein are a perfect match!

Just like niacin, vitamin B12 is a cofactor for enzymes that play an important role in metabolic processes. This vitamin, along with folate, are required for the *methionine-homocysteine cycle*, in which excess homocysteine is *methylated* and converted into methionine. [2] If this process is compromised, cardiovascular function can be impaired as a result, and that may eventually lead to chronic disease. [3]

B12 is also needed for the production of red blood cells, [2] so a deficiency will produce anemia. Consuming enough B12 is definitely something that every active person should prioritize.

- **Folic Acid – 415 mcg (100% DV)**

Folic acid is involved in the synthesis and repair of DNA, cell division, and production of red blood cells. [4] Just like B12, it is involved in the methionine-homocysteine cycle, which is crucial for maintaining overall health, including cardiovascular performance. [4] A folate deficiency can lead to anemia, as well as neural tube defects in utero, cardiovascular disease, and cancer. [4]

- **Choline – 200 mg (35% DV)**

Choline is the precursor for *acetylcholine*, a neurotransmitter that is centrally implicated in learning, memory, and other cognitive abilities. But also, it's involved in more "physical" functions, like balance and muscle contraction. [5,6] Because of acetylcholine's importance for *global cognition*—and *focus* in particular—we usually see it in high-quality pre-

workout supplements that are designed to sharpen your *mental edge*, in addition to maximizing physical performance.

The issue here is that we're not sure *where* the choline is coming from, but perhaps the physical tubs will show that and we can update this post with improved images.

- **L-Citrulline Matrix – 8000 mg**

Table 2a
Kinetic parameters of arginine in human plasma after 1 week of oral supplementation with either citrulline or arginine¹

Compound	Dose (mg)	C _{max} (µmol l ⁻¹)	T _{max} (h)	C _{min} (µmol l ⁻¹)	AUC (µmol h l ⁻¹)
Citrulline	750 bid	54 ± 5	2.3 ± 0.7	19 ± 4	271 ± 38
Citrulline	1500 bid	79 ± 8 [†]	1.6 ± 0.3	21 ± 4	421 ± 65 [†]
Citrulline	3000 bid	149 ± 42 ^{††}	1.4 ± 0.1	45 ± 5 ^{††}	898 ± 67 ^{††}
Arginine IR	1600 bid	49 ± 6	3.7 ± 1.3 [‡]	19 ± 4	289 ± 50
Arginine IR	1000 tid	84 ± 9	0.7 ± 0.1	10 ± 3	283 ± 51

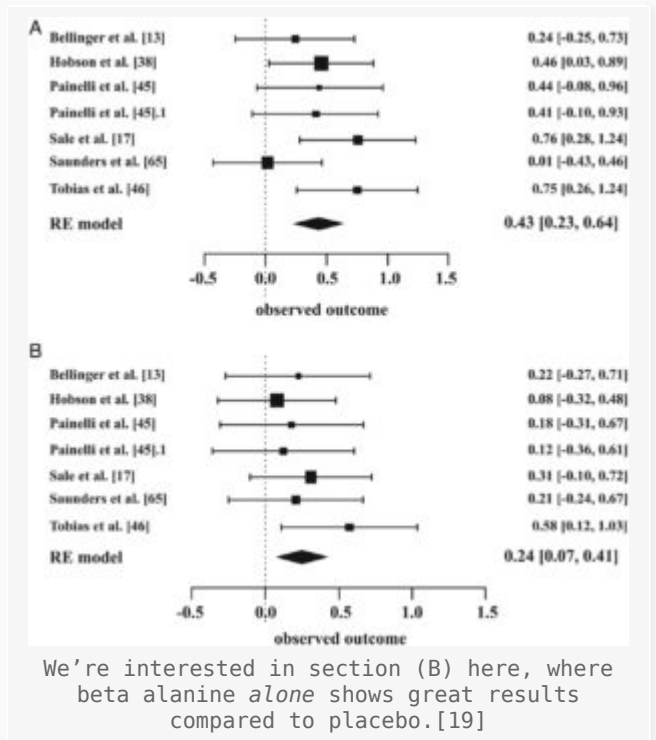
[†]P < 0.01 vs. arginine sustained-release (SR).
^{††}P < 0.01 vs. arginine immediate-release (IR).
[‡]P = 0.03 vs. arginine IR.
¹Kinetic parameters are calculated for baseline-placebo corrected data. Data are given as mean ± SEM, bid, twice daily.

As most of us know by now, when used *alone*, citrulline beats out arginine when it comes to raising nitric oxide levels.[8]

Most modern pre-workout supplements include a big dose of *citrulline* because it's the precursor to *arginine*, which in turn is the precursor to *nitric oxide* (NO).[7] Counterintuitively, even though arginine is the next step in the production of NO, supplementing citrulline actually works better than supplementing arginine.[8-10]. More NO means more *vasodilation*, a phenomenon where blood vessels *expand* in diameter, thus improving blood flow and nutrient delivery. One downstream effect of vasodilation is increased production of *adenosine triphosphate* (ATP), the basic energy molecule in the human body, and more ATP enables better physical performance and faster recovery after exercise.[11-13] Athletes notice less soreness, too.[14]The minimum effective dose of citrulline is about 3 grams, so needless to say, 8000 milligrams (8 grams) is a monster of a dose.[15]

- **Beta Alanine – 6400 mg**

One of the great things about *beta alanine* is that when combined with the common amino acid *histidine* (present in virtually all foods), it increases production of *carnosine*. [16,17] That's a great thing for anyone who's active because carnosine buffers lactic acid in muscles, which delays the onset of fatigue during exercise and successfully increases muscular endurance.



This effect of carnosine has been shown repeatedly in published research studies, including two large meta-analyses, from 2012, with over 300 participants,[18] and from 2016, with over 1400 participants,[19] the upshot of both is that *any* exercise with a duration between 30 seconds and 10 minutes can be positively impacted by beta alanine.[19] Beta alanine also synergizes with creatine, another ingredient that's present in large doses in this pre-workout supplement.[20] *Tingling* sensations are a common side effect of beta alanine use, but don't be alarmed – a study published on the safety of beta alanine in 2019 concluded that the amino acid “*does not adversely affect those consuming it.*”[21]

- **Creatine Monohydrate – 6000 mg**

Of all the mainstay ingredients in the supplement industry, *creatine* is possibly the most-studied and the most-substantiated. By helping your body generate more *ATP*,[22-26] creatine has a truly impressive range of benefits, including:

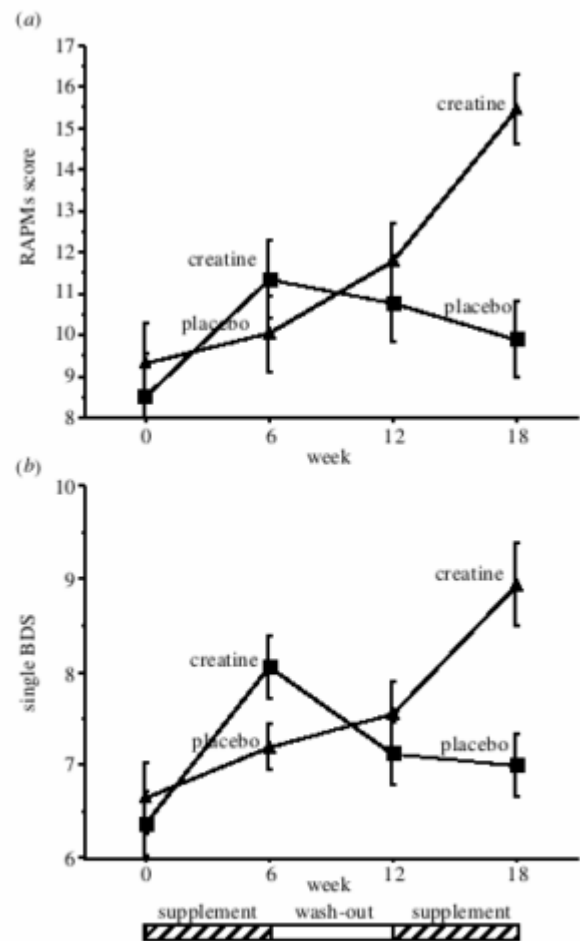


Figure 1. Variation in mean test scores with the supplement and the placebo. (a) RAPMs under time pressure and (b) BDS. Squares represent group 1 and triangles group 2 subjects. Bars represent standard errors.

Creatine doesn't just rev up your body: it also has clear benefits for your mind

- **Increased power output**[27,28]
- **Muscle gains**[28-32]
- **Higher sprinting speed**[32-34]
- **Better hydration**[35]
- **Less fatigue**[36-39]
- **Higher sense of overall well-being**[40-42]
- **Cognitive enhancement** (in vegans/vegetarians)[43,44]
- **Higher testosterone levels**[45-49]
- **Higher bone mineral density** (especially in non-meat eaters)[50]

We could keep going all day with these citations, but suffice it to say, there's so much evidence out there for the efficacy of creatine that it's almost impossible to dispute. The standard dose is 5000 mg, or 5 grams, so the Eddie Hall Pre-Workout has a little extra, which in this case is a good thing.

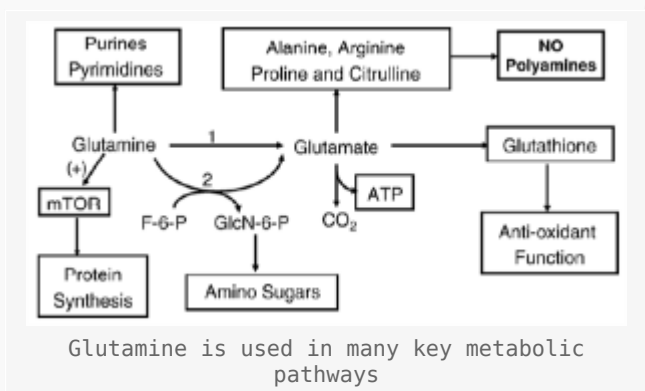
- **Betaine Anhydrous – 2500 mg**

Just like creatine, **betaine**, also known as *trimethylglycine* or *TMG*, is a powerful ergogenic aid, meaning it increase the body's capacity to do work. However, creatine and betaine act via slightly different pathways: whereas creatine acts as a *phosphate* donor, betaine is a *methyl* donor that can lower homocysteine levels (just like B12 and folate).[51]

Moreover, betaine is an *osmolyte*, meaning that it helps cells retain water for optimal hydration,[52,53] and protects them against heat shock.[54]

Years of research has already shown the benefits of betaine for physical performance.[55-60] Ground-breaking studies were published in 2013 and 2014 showing that just *2500 milligrams daily* (the dose used in each serving), caused a *5.3-pound* increase in *lean muscle mass* and *6.4-pounds* of *fat loss*. That works out to a 3% reduction in body fat over the course of merely six weeks.[53,61]

- **L-Glutamine – 2000 mg**



Glutamine helps prevent soreness after exercise,[62] but the truly amazing thing about glutamine is its *fantastic* benefits for gut health. Glutamine supplies energy directly to intestinal cells,[63,64] thus helping them maintain the integrity of the gut. This in turn helps to prevent “leaky gut”,[63,64] in which undigested food escapes from the gut through holes in the gut lining, which causes chronic inflammation and all kinds of other problems.

Another key benefit of glutamine is that it's a *glutathione* precursor, and since *glutathione* is the “master antioxidant” of the body, doing anything to increase levels is probably going to help you deal with exercise stress better.[65]

HMB Powder – 2000 mg

Hydroxymethylbutyrate, also known as *HMB*, is a metabolite of *leucine* with some interesting properties.



First, and most relevant to a pre-workout, these compounds are able to improve the body's adaptation to exercise. A randomized, double-blind, placebo-controlled study in elite rowers found that HMB supplementation significantly increased their aerobic capacity and caused them to lose quite a bit of fat, compared to placebo.[66] This is a compelling study because it was done on *trained, elite* athletes – people who were already in peak physical condition before the study even started. That people in top form can benefit from HMB supplementation says a lot about the efficacy of the compound.

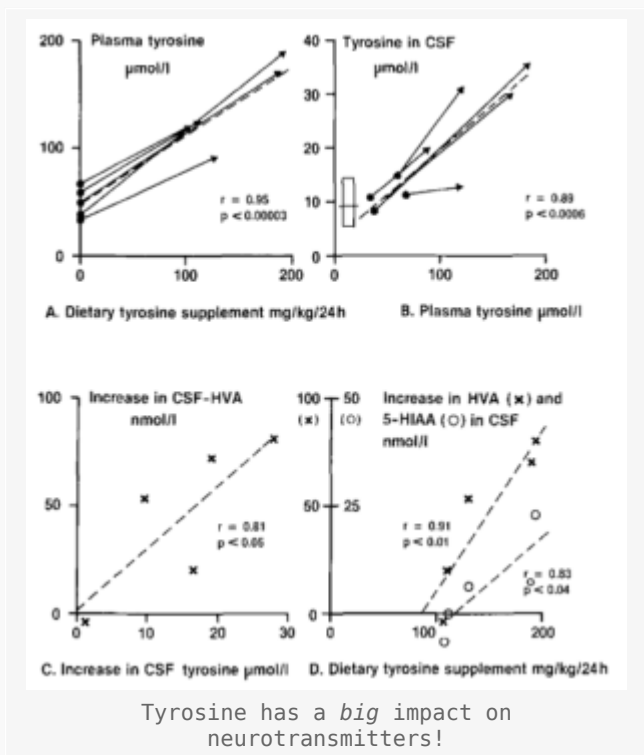
A similar study in martial artists found the same effect.[67]

Now here's where it gets interesting. Although evidence for HMB's *anabolic* effects is ambiguous, it *does* seem to have clear *anti-catabolic* properties. In other words, the compounds might not help you build *new* muscle, but it *can* assist in preserving the muscle you already have.

In vitro studies of HMB have found that it inhibits certain genes and enzymes that promote the muscle tissue breakdown,[68] and clinical trials in subjects confined to bed rest have shown that HMB supplementation significantly reduces the amount of muscle lost to disuse.[69,70]

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- **N-Acetyl L-Tyrosine – 750 mg**



Tyrosine is an *essential* amino acid, meaning the body cannot synthesize it and must obtain it from diet or supplements. And we should take pains to give our body the tyrosine it wants because the amino acid is the precursor for some awesome neurotransmitters, including noradrenaline and dopamine, which both increase focus and alertness.[71] When we increase levels of those neurotransmitters by supplementing with tyrosine, we help kick start our *sympathetic nervous system*, which sends us into “fight or flight” mode.

Tyrosine is great for enhancing focus and motivation, even in people who are sleep deprived – in fact, for people who are suffer from sleep deprivation, tyrosine is believed to cause measurable cognitive improvements.[72,73]

- **KSM-66 Ashwagandha Root Extract Powder – 300 mg**

Ashwagandha’s benefits for the body, particularly for the male body, are manifold.



Eddie's version out of stock? Check out Myprotein's THE Pre Workout Plus!

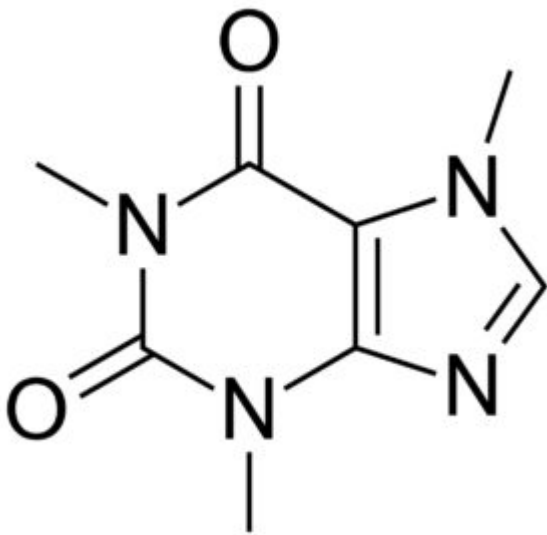
Let's start with the great enemy of all humanity: stress. In a 2012 study, subjects who were dealing with chronic stress showed *significant reductions* in their stress levels after consuming an Ashwagandha supplement daily for 60 days.[74] These anti-stress effects should help your body deal better with the stress of exercise.

Since *cortisol* is the primary stress hormone, and the actions of *cortisol* and *testosterone* are broadly opposed to one another, it shouldn't be surprising to learn that Ashwagandha not only lowers stress but *boosts testosterone* as well. In fact, in one study, *infertile men* saw their testosterone increase by Ashwagandha to the tune of *14% to 40%*,[75] and in a similar study, the effect size was between 10% and 22%.[76]

Ashwagandha doesn't just boost testosterone in *infertile men* either – it even boosts T in *active, young, healthy men!* Even in this population. Ashwagandha increased testosterone levels by over 15%.[77]

Since testosterone is closely related to athletic performance, it probably won't surprise you to hear that Ashwagandha has also been shown to increase both *power output* and *VO2 max*,[78] and even a one-rep max for bench press and leg extension.[79]

- **Caffeine Anhydrous – 200 mg**



Caffeine molecular diagram – a fitness blog classic

Caffeine is one of those supplements that needs no introduction. One of the most common and well-studied compounds in all of nutritional science, caffeine has the ability to cross the brain-blood barrier and into the brain itself, where it blocks the receptors for *adenosine* and *phosphodiesterase*.^[80] This will decrease fatigue while ramping up activity in your brain's neurons,^[80] helping with focus, and motivation.

Because of its ability to increase fat oxidation and active *AMP-activated protein kinase*, one of the body's metabolic "master switches," caffeine is great at boosting energy levels.^[81,82] Caffeine also inhibits *phosphodiesterase*, an enzyme that breaks down *cyclic adenosine monophosphate* (cAMP),^[81,82] a messenger molecule that plays a crucial part in both fat metabolism and carbohydrate metabolism. By keeping cAMP levels high, caffeine provides your body with more energy for exercise.^[83]

The energy-promoting ability of caffeine is why it's usually described as an *ergogenic aid*—a substance that increases the body's capacity to work.

- **Theacrine (as TeaCrine) – 50 mg**

Much like caffeine, *theacrine* is capable of increasing both mental and physical energy,^[84] which makes sense considering that the chemical structure of theacrine is closely related to that of caffeine,^[85] and also blocks adenosine receptors, just like caffeine.^[86] Also like caffeine, theacrine is *dopaminergic*, meaning that it stimulates dopamine receptors,^[85] and this should help with motivation and focus during your workout.

- **AstraGin Root Extract – 25 mg**

In supplement stacks with lots of ingredients, it's important to ensure that the body can make the most of them, and that's why we have **AstraGin**, a patented ingredient from NuLiv Science that is designed to increase the uptake and *bioavailability* of other ingredients. It does this by upregulating different transporters in the gut, as well as helping to seal the gut.[87]

- **BioPerine (Black Pepper Fruit Extract) – 2.5 mg**



BioPerine is functionally similar to AstraGin, in that it increases bioavailability of other ingredients. However, it has a slightly different mechanism of action: rather than upregulating transporters, BioPerine inhibits certain enzymes, thus preventing ingredients from being broken down before they can be absorbed into the bloodstream.

However, beyond its abilities to enhance the effectiveness of other ingredients, BioPerine also has its own set of beneficial effects: it upregulates GLUT4, a transporter that's responsible for sucking glucose and other nutrients into muscle cells post-workout, which will definitely help your recovery.[88] BioPerine has also been shown to decrease insulin resistance and fatty liver in mice,[89] partly because of its powerful antioxidant status.[90]

Conclusion

Eddie Hall Pre-Workout from Myprotein is an unusually awesome pre-workout formula: not because all of these ingredients have similar mechanisms of action, but just because they are all individually awesome *and* because we have carbs – and Eddie's beautiful face on the tub. Every single main ingredient in this pre-workout stack has tons of evidence supporting its efficacy and safety. And taken

as a whole, this pre workout supports pretty much every major aspect of exercise and recovery.



Eddie Hall and Myprotein are a perfect match!

With the addition of HMB powder and a *big* across-the-board increase in the dosing of the other ingredients, we can confidently recommend this new-and-improved version of THE Pre-Workout, developed by Myprotein in collaboration with Eddie Hall.

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