

Myprotein The Pre Workout Brings a Taste of Orange Paradise

written by Mike Roberto | February 23, 2022

When the entire supplement industry has been *increasing* their pre workout stimulant doses, **Myprotein** has been on a tear with their *lower-caffeine* pre! We're talking about *Myprotein The Pre Workout*, which sports 150 milligrams of caffeine in each scoop paired with efficacious nitric oxide boosting and muscle-building ingredients, so that you don't have to two-scoop it to get a good pump.



We've always *loved* the Black Cherry Vanilla flavor, and Myprotein somehow put out another epic flavor with their Mike and Ike Strawberry The Pre Workout in December of 2021.

The Pre Workout Goes Citrus: New Orange Paradise flavor!

But some way, somehow, not everyone wants *Black Cherry Vanilla* or *Mike and Ike Strawberry*... so Myprotein has another option on the menu launched this month: **The Pre Workout Orange Paradise**. In this article, we quickly cover The Pre Workout, then discuss the profile on this flavor. Hint: it's orange!

First, though, see PricePLOW's coupon-powered prices *all* of The Pre Workout flavors available:

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Orange Paradise

So what's **Orange Paradise**?! It'll be in the review above, but the general gist is that it's an *orange* flavor that's straight on the citrus. There may be a dash of lemon in there as well, but it's lighter on the tropical fruits. This is similar to the flavor of the Orange Mango flavor of *Myprotein The Pump*, their stimulant-free pump partner to The Pre Workout.

Myprotein The Pre Workout Ingredients

A full write-up on this supplement is covered in our article titled *Myprotein THE Pre-Workout: A Boost When You Need it Most*. The main point here is that it's *lower-stimulant*, with only 150 milligrams of caffeine paired with 50 milligrams of theacrine – yet most of the rest of the formula is pretty well-dosed.

Supplement Facts

30 servings per container

Serving size 1 Scoop (16.2g)

	Amount Per Serving	% Daily Value*
Niacin	15mg	94%
Folic Acid	416mcg	104%
Vitamin B12	25mcg	1041%
Sodium	70mg	3%
Choline (as Choline Bitartrate)	200mg	37%

Nitric Oxide Booster

L-Citrulline 4000mg †

Strength and Performance

Betaine Anhydrous 2500mg †

Creatine Monohydrate 2000mg †

Beta Alanine 2000mg †

Focus and Energy

N-Acetyl L-Tyrosine 750mg †

Caffeine Anhydrous 150mg †

Theacrine 50mg †

Absorption

AstraGin®
(Panax Notoginseng (Root) &
Astragalus Membranaceus
(Root) Extracts) 25mg †

BioPerine®
(Black Pepper Fruit Extract) 2.5mg †

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

OTHER INGREDIENTS: Silicon Dioxide, Calcium Silicate, Malic Acid, Citric Acid, Sucralose, Natural and Artificial Flavors, Maltodextrin, Fruit and Vegetable Juice (For Color), Sodium Citrate, Potassium Citrate, Salt, Acesulfame Potassium, Pectin, Disodium Phosphate, Magnesium Oxide.

DIRECTIONS FOR USE: As a dietary supplement, mix 1 scoop with 8-16 ounces of water in a shaker bottle to blend. Use 30-45 minutes before a workout.

The full active and inactive ingredients in one image from the Mike and Ike flavors – note the added *pectin* in here that's not in Orange Paradise – but orange paradise is naturally colored with paprika!

- **L-Citrulline – 4000mg**

Purpose: Nitric oxide pumps.

- **Betaine Anhydrous – 2500mg**

Purpose: Hydration for performance-enhancement and muscle-building.

- **Creatine Monohydrate – 2000mg**

Purpose: Do-it-all ATP booster for muscle growth, strength, and mitochondrial health.

- **Beta Alanine – 2000mg**

Purpose: Endurance-booster.

- **N-Acetyl L-Tyrosine – 750mg**

Purpose: Feel-good focus and vigilance booster.

- **Choline Bitartrate – ~500mg (yielding 200mg choline, or 37% DV)**

Purpose: Focus and mind-muscle connection.

- **Caffeine Anhydrous – 150mg**

Purpose: Energy – but not too much!

- **Theacrine – 50mg**

Purpose: Longer-lasting energy.

- **AstraGin – 25mg**

Purpose: Ingredient amplification (especially citrulline and creatine).

- **Bioperine (Black pepper extract) – 2.5mg**

Purpose: Ingredient amplification.

You can see our original *Myprotein The Pre Workout* article for far more info!

All The Pre Workout Flavors

Not a citrus person? Then, as you know, we're huge fans of *Black Cherry Vanilla* and *Mike and Ike Strawberry*:



And if you *do* need even more, including carbs, then check out Myprotein's Eddie Hall version of The Pre-Workout!

Myprotein has a winner here

Supplement Facts

Calories	80
Total Carbohydrate	12g
Total Sugars	7g
Added Sugars	7g
NaCl	25mg
Folic Acid	400mcg
Vitamin B12	25mcg
Calcium	330mg
Choline	200mg
L-Citrulline Malate	8000mg
Beta Alanine	6400mg
Creatine Monohydrate	6000mg
Benfopropone	2500mg
L-Glutamine	2000mg
HMB Powder	2000mg
N-Acetyl L-Tyrosine	750mg
300-600 Antigenic/Non-Antigenic Powder	300mg
Caffeine Anhydrous (w/ Caffeine Anhydrous and Natural Sweet Extract)	200mg
Theanine (w/ TeaCof®)	50mg
ActoGel® (Mangostin membrane and Water-soluble) Fruit Extract	25mg
Multivitamin (Blackberry 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!

When we see supplements continually get new flavors, it's pretty clear that the product is a success. With The Pre Workout, the list of flavors is growing to the point where you know the brand has a winner. And it's not hard to see why: *not everyone wants 300+ milligrams of caffeine in their pre workout!*

And even if you do like more caffeine, you can get a *really* effective product with a heaping scoop or even two scoops – and the flavor profiles are simply amazing.

While Orange Paradise wasn't our favorite, we didn't expect it to be. Black Cherry Vanilla and Mike and Ike Strawberry are just too good for our tastes. But every now and then, you feel like citrus – and if you do, then Myprotein has a solid 150 milligram pre workout for you here.

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