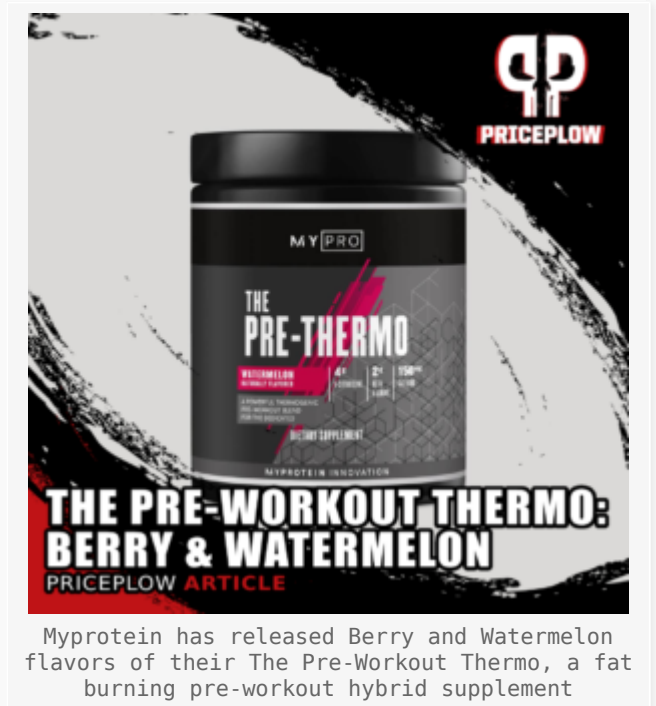


Myprotein The Pre-Workout Thermo Releases Berry and Watermelon Flavors

written by Mike Roberto | August 1, 2022

Unsurprisingly, the **Myprotein** product catalog tends to emphasize protein powders, protein bars, and protein-rich snack foods. This marks them as a little different in the sports supplement industry, where almost every new company gives us a *pre-workout* formula for their first product launch.



Myprotein has released Berry and Watermelon flavors of their The Pre-Workout Thermo, a fat burning pre-workout hybrid supplement

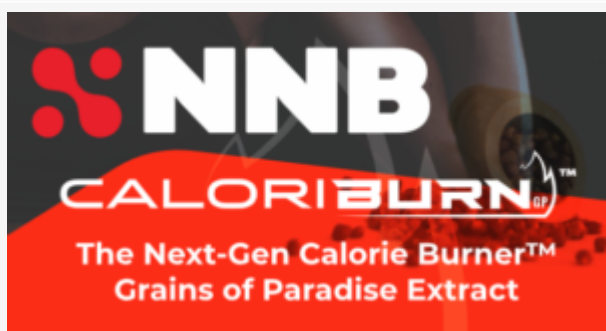
However – it'd be a mistake to sleep on Myprotein's pre-workout game. In recent years, Myprotein has proven that their pre-workout formulas are quite popular, especially with *The Pre-Workout*, which comes out of their pro range and has just 150 milligrams of caffeine per serving.

Last year, Myprotein extended their pre-workout lineup with *The Pre-Workout THERMO*, a fat burner pre-workout hybrid formula. This product is similarly low-stim – just *150 milligrams*, which is a welcome change of pace in an industry where every pre-workout seems to have 300 or *more* per serving.

The name THERMO is due to the *thermogenic ingredients* inside that increase the number of calories your body burns as *heat*.

It also has some *lipolytic* ingredients to help your body mobilize fatty acids – this not only aids with weight loss, but can also have *ergogenic effects*, improving athletic performance by increasing the amount of energy that your cells have available to burn. *Caffeine* itself falls into this category.

The Pre-Workout Thermo is back with new flavors



What makes this product so *Thermo*? The addition of CaloriBurn GP, an industry-leading grains of paradise extract standardized for 12.5% 6-paradol

When a supplement is geared towards people trying to *lose weight* and it has a *spice* inside, excellent flavors are *especially* important: better taste helps *adherence*, both to diet and workout plan.

That's why we're stoked that Myprotein has **two new flavors** for THERMO: **Berry** and **Watermelon**. We published a full-length review of THERMO that you can read at the following link: [Myprotein The Preworkout THERMO: Fat Burning Pre that Doesn't Break the Bank](#).

Below we show our flavor review and recap the ingredients, But first, check the availability of *all* of the flavors in case you want to stick with the original *Peach Mango* variation:

Myprotein THE Pre-Workout Thermo – Deals and Price Drop Alerts

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Get THE Pre-Workout Thermo Price Alerts
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The Pre-Workout Thermo Ingredient Recap

A *one scoop* serving of THERMO from Myprotein gives you the following

ingredients:

- L-Citrulline – 4 g

Serving Size - 1 Scoop (10g)		
Servings Per Container - 30		
Supplement Facts		
	Per Serving	% Daily Value*
Niacin	16mg	100%
Vitamin B12	25mcg	1042%
L-Citrulline	4000mg	†
Beta Alanine	2000mg	†
N-Acetyl L-Tyrosine	750mg	†
L-Carnitine L-Tartrate	500mg	†
Caffeine Anhydrous	150mg	†
Green Coffee (Coffea arabica L.) (Seed) Extract (50% Chlorogenic Acid)	100mg	†
Green Tea (Camellia sinensis) (Leaf) Extract (45% EGCG & 95% Polyphenols) (1.8% Caffeine)	100mg	†
Theacrine (as TeaCrine®)	50mg	†
Coleus forskohlii (Root) Extract (10% Forskolin)	50mg	†
Garcinia cambogia (Fruit) Extract (50% Hydroxycitric Acid)	50mg	†
AstraGin® (Asragalus membranaceus and Panax notoginseng) Root Extracts	25mg	†
CaloriBurn GP® Grains of Paradise (Aframomum melegueta) (Seed) Extract (12.5% 6-Paradol)	25mg	†
CapsiMax® (Capsicum annum) Extract (Fruit) (2% Capsaicinoids)	25mg	†
BioPerine® (Black Pepper Fruit Extract)	2.5mg	†

The Preworkout Thermo has a similar base as The Preworkout, but with added weight loss agents like CaloriBurn rather than muscle builders like creatine!

Citrulline is an awesome *nitric oxide* (NO) booster. You want more NO before a workout because of its ability to trigger *vasodilation*: the expansion of your arterial diameter, which improves *circulation* and with it, oxygen and nutrient delivery, which can boost athletic performance. *Waste removal* is also optimized by vasodilation, leading to faster recovery following exercise.

- **Beta Alanine – 2 g**

A precursor to *carnosine*, one of the molecules that removes *lactic acid* (lactate) from muscle tissue. Because it improves lactate clearance, beta alanine can *boost athletic endurance*.

- **N-Acetyl L-Tyrosine – 750 mg**

Tyrosine is an awesome precursor to *dopamine*, *adrenaline*, and other *neurotransmitters*, meaning it can help improve your focus, motivation, and perhaps even cognitive performance (especially if you're sleep deprived).

- **L-Carnitine L-Tartrate (LCLT) – 500 mg**

Carnitine is a potent *ATP-boosting* ingredient, helping your cells *burn fat for energy* as it helps transport fatty acids to the mitochondria for fat burning. LCLT is a form that has been specifically shown to increase the number and sensitivity of *androgen receptors* in muscle tissue, thus amplifying the anabolic effects of *testosterone*.

- **Caffeine Anhydrous – 150mg**

Caffeine is an awesome ingredient for pre-workout formulas because of its ability to fight fatigue through *adenosine* inhibition. It also increases your body's rate of *fat burning*, partially because it inhibits *phosphodiesterase*, thus increasing levels of *cyclic adenosine monophosphate* (cAMP). More energy means better performance, which is why caffeine is classified as an *ergogenic aid*.

- **Green Coffee Extract (50% Chlorogenic Acid) – 100mg**



An excellent source of *chlorogenic acid*, which can block glucose absorption

while *increasing fat burning* and fighting fatty liver.

- **Theacrine (as TeaCrine) – 50mg**

Similar to *caffeine*, but without any cardiovascular effects.

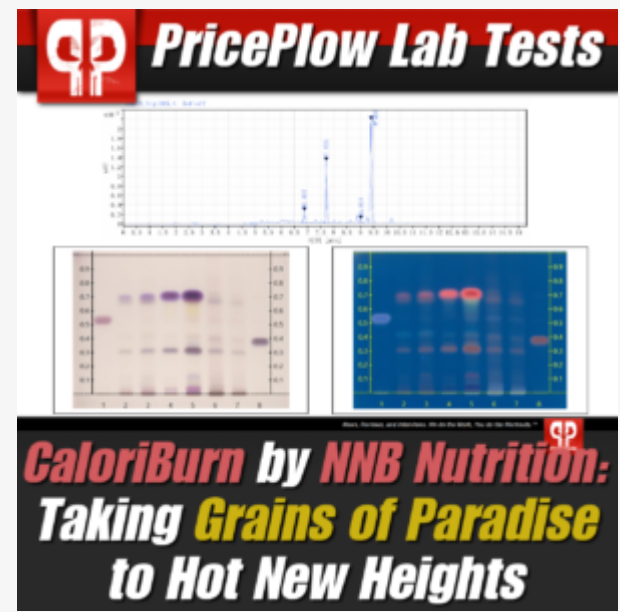
- **Coleus forskohlii (Root) Extract (10% Forskolin) – 50mg**

Awesome *testosterone booster* that, like caffeine, increases energy expenditure through cAMP upregulation.

- **Garcinia cambogia (Fruit) Extract (50% Hydroxycitric Acid) – 50mg**

By inhibiting the *adenosine triphosphate citrate lyase* enzyme, garcinia can prevent fat storage, while also controlling blood sugar and suppressing appetite.

- **CaloriBurn GP Grains of Paradise (Aframomum melegueta) (Seed) Extract (12.5% 6-Paradol) – 25 mg**



PricePlow Lab Tests

**CaloriBurn by NNB Nutrition:
Taking Grains of Paradise
to Hot New Heights**

CaloriBurn is not just HPLC tested, but HLPTC, so you know it's *real GP*, bringing with it more than just 6-paradol, but the three other major constituents (6-gingerol, 6-shogaol, and 6-gingerdione) with it as well!

One of PricePlow's all-time *favorite* fat burning ingredients, this blockbuster from **NNB Nutrition** is designed to increase the percentage of *brown adipose tissue* (BAT) in your fat stores, which ultimately drives *thermogenesis* as BAT is the site of *mitochondrial uncoupling*. Put simply, more BAT means more calories burned every day as *heat* – an awesome thing for anyone trying to shed those extra pounds.

We love CaloriBurn especially because it's standardized for a high concentration of *6-paradol*, the bioactive constituent of *Aframomum melegueta* that's very responsible for converting white adipose tissue (WAT) to BAT. However, it also has the three other active constituents in *6-gingerol*, *6-shogaol*, and *6-gingerdione*.

- **AstraGin – 25mg**

Bioavailability enhancer that increases the effectiveness of all the other ingredients.

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

Bioavailability enhancer, antioxidant, and little-known metabolic enhancer.

Using a lower dose of caffeine comes with many potential advantages – besides just appealing to a broader audience (most people don't want to take 300 milligrams of caffeine in one sitting!), it also allows consumers to *combine* THERMO with other products, or *increase the dose* beyond a single scoop.



The infographic features a central black and white photograph of a woman in a gym setting. It is surrounded by six red text boxes with white text, arranged in two columns. The text boxes contain the following information:

- 100% natural proprietary extraction technology
- GRAS – Popular Cooking Spice
- Preserves ALL the metabolism-enhancing bioactive compounds
- Non-Spiked (Adulterated) Product
- Proven Potency (Ultra-Low Dose)
- Ensured Level of Active Compounds

Below the infographic, a caption reads: "CaloriBurn preserves all of the metabolism-enhancing bioactive compounds from *afframomum melegueta*"

All available The Pre-Workout Thermo flavors

In our opinion, the *berry* flavor tastes like *mixed berries* – giving you the *variety* of tastes that you might be craving on a restrictive diet. Watermelon is pretty self-explanatory: and an *awesome* choice for a supplement with lots of *citrulline*, since large amounts of citrulline occur naturally in watermelon.

Between the awesome flavor and the giant boost in your nitric oxide production, THERMO's watermelon flavor will give you the great *watermelon experience*, without the calories.

Once again, you can read our original *Myprotein The Pre-Workout Thermo* article for more details.

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