

Nutra Innovations Epitome Pre Workout Has it ALL... and then some

written by Mike Roberto | February 19, 2021



Wait until you see this label. With Greg Helton leading the charge at Nutra Innovations, there's a brand to be very excited about. The **Epitome pre workout** brings both wild pumps *and* energy. Not for rookies here!!

You may have read that Greg Helton *means business* in 2021. As the new president of **Nutra Innovations**, he's on a warpath to deliver well-formulated products to the gym-going masses. With over *10 years* of industry experience under Greg's belt, alone, customers can demand excellence.

Enter **Epitome**, Nutra Innovations' new massively dosed high-stimulant pre workout supplement.

Nutra Innovations designed Epitome (pronounced "e-**pit**-uh-mee") around maximizing the four categories of sports performance: energy, focus, pumps, and performance. The company formulated their new pre-workout to help manifest a *perfect representation* of your athletic potential.

As a powder-delivery product, Epitome has a *mountain* of competitors to conquer on its journey to being the “epitome” of the market.

High stim and high pump – can you handle *both* in Epitome?

But does the label match up to Nutra Innovations’ claims? Let’s see, but the long story short is that *it does*, so long as you can handle strong doses of stimulants like rauwolscine and a **400mg caffeine** load in a full serving! Yet if you can handle that, you’ll be treated to massive clinical doses of ergogenic pump ingredients like Nitrosigine, citrulline, and betaine.

The full analysis is below, but before that, please see PricePlow’s coupon-powered prices, and if you like what you see, don’t forget to sign up for our Nutra Innovations alerts, as there’s more on the way with Helton at the helm!

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Nutra Innovations Epitome Ingredients: The Science

Supplement Facts

Serving Size: 1 Scoop (21.6 Grams)

Servings Per Container: 20

| Amount Per Serving | | % Daily Value |
|---|---------|---------------|
| Vitamin B6 (as Pyridoxine HCL) | 640mcg | 32% |
| Vitamin B12 (as Methylcobalamin) | 500mcg | 8,330% |
| Vitamin B3 (as Niacin) | 30mg | 150% |
| L-Citrulline | 6,000mg | ** |
| Beta Alanine | 3,200mg | ** |
| Betaine Anhydrous | 2,500mg | ** |
| Nitrosigine™ (Inositol-Stabilized Arginine Silicate) | 1,500mg | ** |
| L-Tyrosine | 1,500mg | ** |
| Alpha GPC 50% | 600mg | ** |
| Caffeine Anhydrous | 300mg | ** |
| N-Phenethyl Dimethylamine Citrate | 250mg | ** |
| Kaff2 Malate™ (Dicafeine Malate) | 100mg | ** |
| Kaff Citrate™ (Caffeine Citrate) | 50mg | ** |
| Rauwolfia Vomitoria Root Extract (std. min 90% Alpha Yohimbine) | 3mg | ** |
| Huperzia Serrata (std. min 1% Huperzine A) | 200mcg | ** |

*Daily Values based on a 2,000 calorie diet

**Daily Value Not Established

Can you handle **400mg total caffeine** and a 2.7mg alpha yohimbine yield?! If so, you'll be treated to some monster pumps. And if not, a half scoop still gets you some clinical doses!

We've seen pump blends on this level. We've seen stim blends on this level. But we've never seen pump *and* stim blends on this level *together*. This has got to be the strongest Nitrosigine-based supplement yet:

- **L-Citrulline (6,000mg)**

The first ingredient up to bat is a massive *6 gram* dose of **L-citrulline**, which is here to deliver absurd pumps. As a building block of arginine, a healthy dose of L-citrulline helps endothelial cells produce nitric oxide.[1]

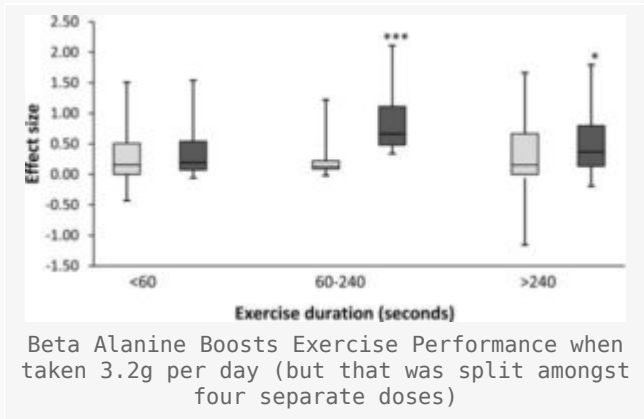
Nitric oxide encourages blood flow by relaxing the smooth muscle around blood vessels. Smooth muscle acts like a vice around the blood vessels – more relaxed muscle means more blood flow. This increase in blood flow may improve recovery, nutrient uptake, oxygen delivery, and could even reduce soreness in the days to come.[2-5]

Large dose means we can choose to adjust the stim-heavy scoop *down* if needed

This dose is twice the clinically verified dose for significant nitric oxide gains, and that's helpful... because many of you are *not* going to want to take a full serving (lest you want 400mg caffeine right off the bat), and you'll still get solid pumps even at a lesser scoop size.

- **Beta Alanine (3200mg)**

The actual mechanism of **beta alanine** gets into nitty-gritty biochemistry, and we like to keep our analyses relatively simple. What you *need* to know is that beta alanine is a precursor to *carnosine*, a molecule that helps balance the acidic environment within muscle cells. As we exercise, the burning sensation you may feel is the product of acid.



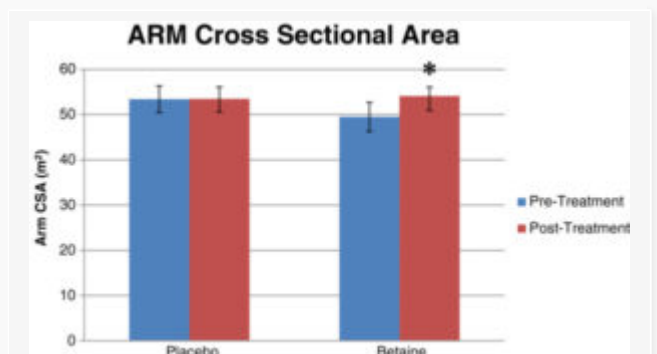
This shift to a more acidic environment may cause fatigue during training. By buffering acid buildup, beta alanine may improve your performance in longer exercise bouts, specifically those within the 60 to 240-second range [6]. For those of us who *don't* love cardio, recent evidence shows that beta-alanine might help with lean mass gains [7]. While this increase in lean mass gains is *likely* because beta-alanine lets you handle more volume, the effect is still there.

The amount Nutra Innovations went with is *the clinical daily* dose. However, 3.2 grams at once comes with the dreaded “*beta alanine tingles*” that some consumers might want to avoid. The good news is that this tingling is harmless – just think of it as your signal to get work.

And if you take less than a full scoop (due to the high-stim nature of this supplement), you’ll no longer bet at clinical dosing for this or the next two ingredients... so it may just be time to buckle on up!

- **Betaine Anhydrous (2,500mg)**

Betaine is a molecule that acts as a *methyl donor*. It’s similar in structure to a glycine molecule with three additional methyl groups (glycine is a beneficial amino acid). While it has potential health benefits outside of sports performance, we’ll focus on its ergogenic benefits:



From the MEN's study: **The arms don't lie!** Here's one place where placebo *doesn't* rule: arm size! Betaine built bigger arms... in

Betaine acts as a recovery and power ingredient that will help you feel better the days following your sessions. It also may help you make more lean body mass gains.[8-10] On top of its gain-producing capabilities, betaine is an *osmolyte*. Osmolytes move between cells to regulate water balance, which could equate to a bigger pump if enough water is around.

The dosing here is exactly what we want to see, at 2.5 grams is the industry standard and clinically-demonstrated dose in both men and women. There have been other “best-in-class” products that only contain small amounts of betaine, so we’re happy to see that Nutra Innovations is being generous.

You can read more about betaine in our blog posted titled [Betaine: A Safe, Natural Muscle Builder](#).

For best effects, make sure you drink plenty of water – something you’ll want to do anyway, since this scoop is so heavy and you’re likely to be sweating once you understand the stimulant section!

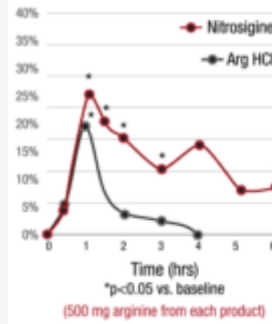
- **Nitrosigine (Inositol-Stabilized Arginine Silicate 1500mg)**



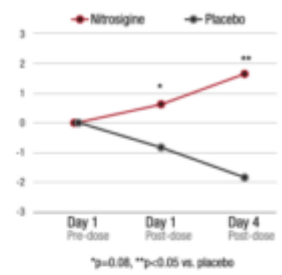
The 2020s are an interesting time to be part of the supplement industry. For years, arginine had fallen from favor as a pump ingredient because of its propensity to cause gastric distress.[11] The **Nitrosigine** came along. It’s a newer ingredient that stabilizes arginine with *inositol*, a sugar that greatly improves arginine’s bioavailability.[12]

As mentioned in the citrulline section above, arginine is a building block of nitric oxide. Since Epitec provides two ways to improve nitric oxide production, you can expect some delicious pumps from this product.[13-15] Nitrosigine can also act as a nootropic, which introduces focus to the picture.[16]

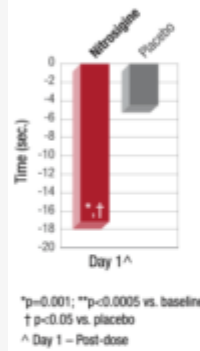
**Increases Blood Arginine Levels
Comparative PK Study¹**



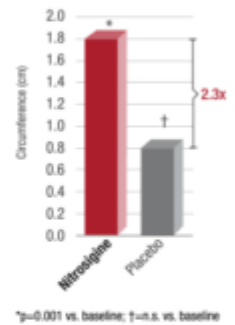
**Increases Energy Levels
Change in Energy Level²**



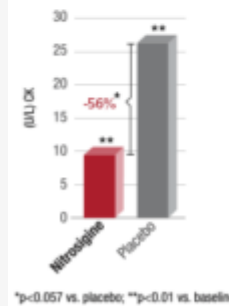
**Improves Focus and Mental Acuity
Change in Time to Complete Trail Making Test B
(15 minutes after Supplementation)⁴**



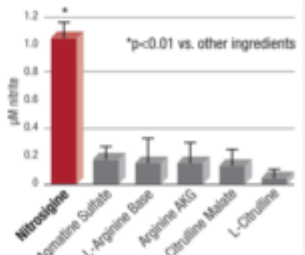
**Boosts Muscle Pump
Increase in Upper Leg Pump
After Workout¹– Day 4**



**Combats Muscle Damage
Change in Creatine Kinase Levels After
Exercise with Supplementation³**



**Increases Nitric Oxide Production
Nitrosigine vs. Other Ingredients:
In Vitro Study³**



§ References: 1. Komorowski J, Perez Ojalvo S. A pharmacokinetic evaluation of the duration of effect of inositol-stabilized arginine silicate and arginine hydrochloride in healthy adult males. *The FASEB Journal*. 2016;30(1):690-17. 2. Rood-Ojalvo S, Gander D, Komorowski J. The benefits of inositol-stabilized arginine silicate as a workout ingredient. *J Int Soc Sports Nutr*. 2015;12(Suppl 1):P14. 3. Kaiman D, Perez Ojalvo S, Komorowski J. Comparison of cellular nitric oxide production from various sports nutrition ingredients. *J Int Soc Sports Nutr*. 2016;13(Suppl 1):P33. 4. Kaiman D, Harvey PD, Perez Ojalvo S, Komorowski J. Randomized prospective double-blind studies to evaluate the cognitive effects of inositol-stabilized arginine silicate in healthy physically active adults. *Nutrients*. 2016;8(11):736.

† Results compared to baseline. *These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Nitrosigine is research-backed and “gym bro backed” – Image courtesy Nutrition21

We like to think of Nitrosigine as citrulline’s stronger, younger brother who has something to prove to the world. At a 1,500 milligram dose, it’s pretty massive and clinically verified (Nutrition21, the manufacturer of Nitrosigine, has even verified significance at the 750mg level, but 1.5g is where the magic is really at).

You can read more about this incredible ingredient in our article titled *Nitrosigine: The Nitric Oxide Booster That Enhances Brain Function*.

- **L-Tyrosine (1,500mg)**

Tyrosine will help you produce more *catecholamines*. As supplement industry experts, the catecholamines we care about are *dopamine*, *epinephrine*, and *norepinephrine*.

By increasing the amount of catecholamines, L-tyrosine helps the body adapt to exercise via the stress response.[17] That stress response helps divert blood flow and oxygen to muscle – which we believe may lead to better performance! L-tyrosine may also help improve focus.[17]

Offering 1.5 grams, it's on the larger side of doses. No complaints here.

- **Alpha GPC 50% (600mg)**

Alpha GPC is a leading form of choline – and one the PricePLOW team loves to see! Choline is the precursor of *acetylcholine*, and Alpha GPC is the most expensive way of supplementing it – but also the most clinically verified and arguably the most effective. This means Nutra Innovations didn't pull any punches with its inclusion.

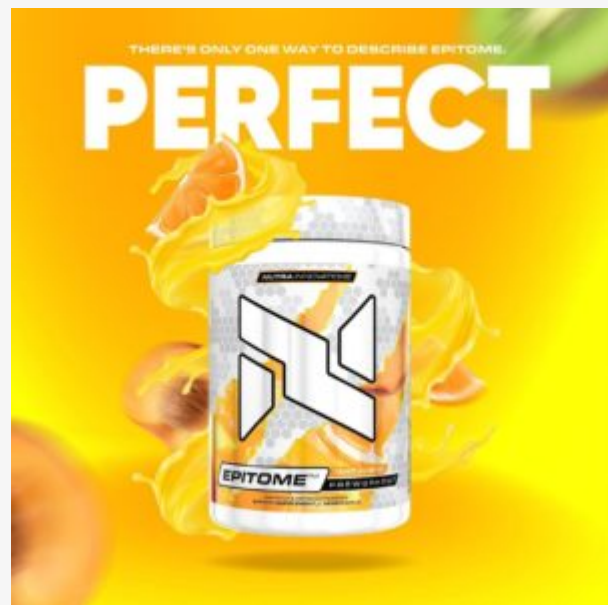
Acetylcholine handles how the body processes memory, muscle contraction, and innumerable physiological processes beyond what this article will cover. What you need to know is that having more choline around appears to improve cognition.[18] It also may improve power output by 14%[19] – although we definitely want to see that study replicated, we'll gladly take *any* strength increase on top of the focus and "mind-muscle connection" boost.

***Properly* dosed and labeled**

The good news with Nutra Innovations is that they provide the percentage of choline within the Alpha GPC included in Epite. The 600 milligram dose translates to an actual dose of around 300 milligrams, which is more than most supplements. Oftentimes the competition will say 150mg or 300mg, but won't tell you it's 50% – those are "lies by omission." Not here with Epite!

We have a bit more information on this in our *choline supplement guide*.

- **Caffeine Anhydrous (300mg out of 400mg total caffeine)**



We'd like to qualify this image and say that Epitome is perfect *if* you can handle a monster caffeine + DMPEA + Alpha Yohimbine dose all together!

Caffeine anhydrous needs no introduction. The dosing of caffeine in Epitome is what we'd expect of a top-of-the-line pre-workout. A 400 milligram dose means that a single serving is perfect for the stim-junkies out there – almost never a need to dose more, especially with the other stims to follow.

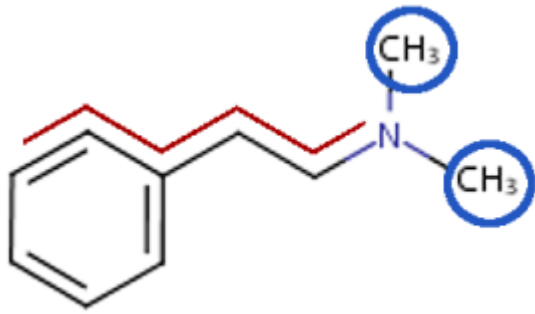
Caffeine is here to *wake your ass up*. There is also significant research suggesting that caffeine may improve power output.[20-22] Caffeine is the fuel of giants and we expect to see it in every serious pre-workout product.

Epitome went with *three different* caffeine sources, so you can expect a good bump in performance per serving. Before we get into those other two caffeine sources (which will turn our 300mg dose into 400mg), another exciting stimulant is next:

- **N-Phenethyl Dimethylamine Citrate (250mg)**

N-phenethyl dimethylamine (DMPEA) is a stimulant that has fallen and risen from favor more times than we can count. Its first use was back in 2014, where it was discovered that *Eria jarensis* contained what is arguably the best phenylethylamine (PEA) source in pre workouts.

PEA is a *feel-good* stimulant that is only limited by how *monoamine oxidase* (MAO) breaks it down.[23] DMPEA overcomes PEA's poor plasma longevity via the addition of two alkyl groups that make it more resistant to MAO. While this longer half-life may lead to less of a "revved-up" feeling, the increased *duration of effect* is worth it.



N-phenethyl dimethylamine

N-Phenethyl dimethylamine is like a PEA molecule, but with an *N,N'* Alkyl section that also prevents MAO from cleaving it... meaning a longer-lasting euphoric 'buzz' than regular PEA

A 250-milligram dose is a healthy amount, so including N-Phenethyl Dimethylamine will have you feeling *good* in the gym.[23] **Athletes that compete in drug-tested sports may want to be careful as PEA is banned by WADA under section "S6 stimulants."** So this one is for us gym junkies only – but it's likely banned from drug-tested sports for a *reason – it works!*

You can read more in our article titled *Eria Jarensis Extract / N-phenethyl dimethylamine: The Next Big Thing?*

- **Kaff2 Malate (Dicafeine Malate) (100mg, yielding ~75mg of total 400mg caffeine)**

Dicafeine malate provides the second hit of Epitome's three-punch caffeine combo. Kaff2 is a trademarked take on this form of caffeine. The literature suggests caffeine malate lasts longer than normal caffeine anhydrous,[24] so this will prolong your caffeine strike.

- **Kaff Citrate (Caffeine Citrate) (50mg, yielding ~25mg of total 400mg caffeine)**

The final form of caffeine present in Epitome is *Kaff Citrate* –a trademarked variety of caffeine citrate produced by JSW Enterprise. Caffeine citrate is perhaps the *rarest* form of caffeine found in pre-workouts. In fact, you're more likely to find it in a hospital supply closet. Kaff Citrate is composed of caffeine anhydrous, citric acid monohydrate, and sodium dihydrate.

Interested in more about this brand and its new shot-caller? Listen to Episode #040: Greg Helton Joins Nutra Innovations as President

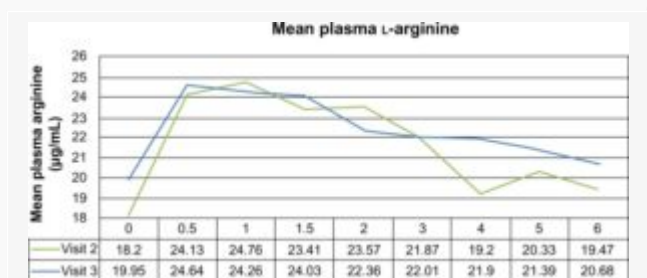
In terms of benefits – it’s the caffeine that may act more quickly. *Anecdotally, we feel* caffeine citrate turn on quicker than normal caffeine.

The three waves of caffeine

So in Epitome, you’re going to get a quick blast of this 25mg yield right off the bat, then comes the motherload of 300mg anhydrous, followed by the 75mg yield from the slow and steady dicaffeine malate version above. Impressive.

- **Rauwolfia Vomitoria Root Extract (90% min Alpha Yohimbine) (3mg)**

Known as *alpha yohimbine* or *rauwolscine* as provided by **Rauwolfia Vomitoria**, this is the make-it-or-break-it ingredient for most users. Those familiar with it call it “*alpha yo*” and it deserves its punchy nickname. This is a more potent form of *yohimbine*, a stimulant and metabolic booster that acts by blocking alpha-2 receptors.[25] Put simply, it’s intense.



We’ve of course seen Nitrosigine before, but never next to *this* type of stimulant load! Caption: Nitrosigine brings a six hour boost of plasma L-arginine, with hours 0.5 hours, 1 hour, and 1.5 hours reaching statistical significance on day 1, and by day 14, significant increases at 2 and 3 hours!

We consider Rauwolfia a critical inclusion as Alpha Y is known to trigger severe anxiety in those predisposed to it.[26] But hot damn, if you like it, you're not going to find many supplements with *this* high of a dose *as well as* incredible pump ingredients like Nitrosigine alongside!

Since a 3-milligram dose is nothing to sneeze at, members of PricePLOW nation who are "yohimbe-sensitive" or suffer from anxiety are likely to "nope out" of Epitome. But for those that can tolerate Rauwolfia, its inclusion finishes out the energy-boosting aspect of the product.[27] It may also provide additional fat loss for those dieting while taking Epitome.[27]

An extract containing *90% alpha yohimbine by weight* is a *potent* serving – 2.7mg yield – so kudos to Nutra Innovations for pulling out all the stops.

- **Huperzia Serrata – Min of 1% Huperzine A (200mcg)**

Huperzine A is a great way to finish a label, and it's once again a large dose. It's a potent "*nootropic protector*" that serves as the primary focus-boosting ingredient, alongside Alpha GPC and caffeine. Huperzine A may act as an *acetylcholinesterase inhibitor*, meaning that it allows acetylcholine to act for longer in the body before it's broken down.[28] This effect is synergistic with our high dose of alpha GPC, as the combination *may produce more acetylcholine AND allow it to last longer*. Recent research suggests that huperzine A may even lead to neurogenesis.[29]



Post workout candy, anyone? If Nutra Innovations can make such a stim load taste this good, then look out!

We want you to think of huperzine as a *cognitive-boosting asset* to the pre-workout. With 200 micrograms at 1% standard, it's *more than enough* to feel this ingredient.

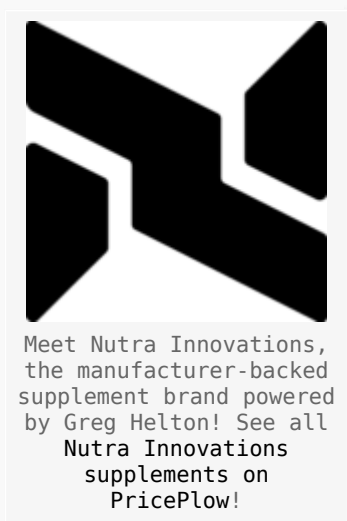
Available Flavors

A product with the name *Epitome* better have great flavors. Nutra Innovations chose *Tahiti Sunrise* and *Paradise Candy* as their initial flagship flavors, but more may come. Below is an up-to-date list of all of the flavors PricePLOW has spotted, along with their coupon-backed prices:

As the product picks up speed, we're excited to see what else Nutra Innovations will reveal.

Conclusion – The Epitome of an INTENSE Pre Workout

Epitome is a pre-workout that checks-off all the right boxes. And if you can handle each box, it may be exactly what you've been looking for.



It's no secret that we're big fans of pump ingredients like a full 1.5g dose of Nitrosigine and "over-dosed" 6g L-citrulline. But we've never seen it net to such an aggressive stim profile. Epitome fills that market gap, far more "pumpy" and ergogenic than the pre workouts we'll generally see with such high alpha yo, DMPEA, and caffeine doses.

If you're an athlete that loves Alpha-Y and a good helping of caffeine, but actually want *pumps* to go with them this time around, we suggest trying Epitome the next time you need a new pre-workout. Let us know what you think about the label below in our forum and on social media (@PricePLOW).

But to us, Nutra Innovations Epitome corners the market that's been asking for both aggressive stims *and* beyond-clinical pumps.

Nutra Innovations Epitome – Deals and Price Drop Alerts

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Also get hot deal alerts

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