

NutraBio Knocks Out the Decade with New York Punch Alpha EAA!

written by Mike Roberto | December 30, 2019

How do you close out the decade properly? By taking the *Best New Flavor System* of 2019 and putting it into the *Best New Supplement* of 2019!

We're talking about none other than...

The *New York Punch* flavor of NutraBio's Alpha EAA!!



The best new supplement of 2019 meets the best new *flavor system* of 2019: NutraBio's Alpha EAA in New York Punch!

After a monstrous year evidenced on our NutraBio News page, we hinted that the updates to the Men's and Women's MultiSport multivitamins was *not* the last thing to be announced. Instead, the brand that builds supplements and bodies *Without Compromise* wanted to cap off the year (and decade) in flavorful style.

Alpha EAA is a full-spectrum essential amino acid supplement for anytime use (especially training), but it came with a twist – *nootropics* from two forms of choline and Huperzine A, and *adaptogens* in the form of KSM-66 Ashwagandha!

New York Punch, on the other hand, is a flavor system that was released as an exclusive Intra Blast flavor for Natural Body Inc (in hype for their annual Epic Block Party), and it reviewed so well that it *had* to be used in the other sports supplements from NutraBio!

Enough talk, let's get to the product updates, coupons, and our flavor review video:

NutraBio Alpha EAA – Deals and Price Drop Alerts

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Alpha EAA: The Feel-Good Amino

See our main **Alpha EAA** blog post for the most in-depth information on all of the ingredients inside.

Supplement Facts		
Serving size: 1 scoop (14.88 grams)		
Servings per container: 30		
	Amount Per Serving	%DV
Calories	5	
Total Carbohydrate	<1g	<1%*
BUILD: Full Spectrum EAA-BCAA Matrix (8.2g)		
BCAAs (2:1:1 Ratio) (fermented) (6g)		
L-Leucine (HPLC)	3g	†
L-Isoleucine (HPLC)	1.5g	†
L-Valine (HPLC)	1.5g	†
L-Lysine HCl (HPLC)	850mg	†
L-Threonine (HPLC)	850mg	†
DL-Phenylalanine (HPLC)	300mg	†
L-Histidine HCl (HPLC)	100mg	†
L-Tryptophan (HPLC)	75mg	†
DL-Methionine (HPLC)	25mg	†
HYDRATE: Electrolyte Hydration Matrix (1.7g)		
Taurine (HPLC)	1200mg	†
CocoPure™ (coconut water powder)	500mg	†
FOCUS: Nootropic Adaptogen Matrix (1.4g)		
Alpha GPC Powder	600mg	
<small>(yielding 300mg L-alpha glycerylphosphorylcholine, 300mg calcium phosphate)(HPLC)</small>		
VitaCholine® (HPLC) (choline bitartrate)	500mg	†
KSM-66® Ashwagandha (root extract)	300mg	
<small>(withania cornifera) (min. 2.5% total withanolides)</small>		
Huperzine A	50mcg	
<small>(from 5mg huperzia serrata leaf standardized extract)</small>		
Absorption Enhancer		
AstraGin™ (astragalus membranaceus (root), panax notoginseng (root))	50mg	†
* Percent Daily Values (DV) are based on a 2000 calorie diet.		
† Daily value (DV) not established.		

As always, we have an open formula label, but the transparency with the Alpha-GPC is what really matters. This label is from the *original* flavors.

But the long story short is that this supplement won us over with its “feels” – it’s incredibly focused, puts a touch of stimulant-free pep in the step, and makes training just that much more fun and connected. Alpha EAA rocks during ultra hard, ultra long, or simply stressful training sessions.

On top of its finely-dosed full spectrum of essential amino acids, there’s also endurance-boosting taurine and hydration-boosting CocoPure coconut water extract.

But that's in tons of amino acid supplements. So to make the story far more interesting, NutraBio added *two* sources of choline for that mind-muscle connection and then did the unthinkable in adding KSM-66 Ashwagandha to provide more cortisol control. It's a stimulant-free training aid, but it feels mildly stimulatory with this synergistic combination!!

The above synergy is exactly why we named Alpha EAA the 2019 Supplement of the Year, and quite honestly, it wasn't even close.

New York Punch: The new NutraBio GOAT flavor system?

Prior to this release, Strawberry Lemon Bomb was our favorite flavor. This is the go-to we recommend to nearly anyone, as it's supremely enjoyable but not "over the top" like it's wild brethren in Dragon Fruit (you can read about both of these flavors in our *Strawberry Lemon Bomb* and *Dragon Fruit* series blog posts, respectively).

But this flavor is on a whole new level. There's orange... some mango... just the right amount of coconut... and maybe some guava or kiwi?! We've honestly never gotten a straight answer Everyone tastes something different from New York Punch, and that's another reason why we love it!

All in all, this is why we named New York Punch our 2019 flavor system of the year (when it was only in Intra Blast).

All Alpha EAA flavors currently available

The list below will stay up-to-date with all of the Alpha EAA flavors:



New York Punch Style: A perfect way to end the decade

In 2010, we entered the market with so much confusion – proprietary blends, micro-dosed and pixie-dusted formulas, legal uncertainties, all kinds of liver-destroying muscle-building compounds, and outright credit card scamming over “*miracle berries*” discussed by “TV doctors” based upon redacted studies.

How much a decade has changed.



Here's Mark Glazier, the man behind the brand leading the way for transparency and full disclosure in supplements.

Mark Glazier and NutraBio has been one of the major reasons for the industry's renaissance, as evidenced in everything they learned in **The NutraBio Story**. Making supplements without compromise, they pioneered *full-disclosure* formulas (down to the amount of sweetener!) and even release 3rd Party Lab Tests of all of their products!

But one thing was missing: insane flavor systems! That came *all* throughout 2019, with such epic hits as the Breakfast Series Whey Protein Isolates, Bourbon Banana Nut, the aforementioned Strawberry Lemon Bomb and Dragon Fruit Candy systems, and so many more.

But New York Punch? Now that's on a whole new level. Are you ready for the next decade? Mark Glazier and NutraBio sure are.

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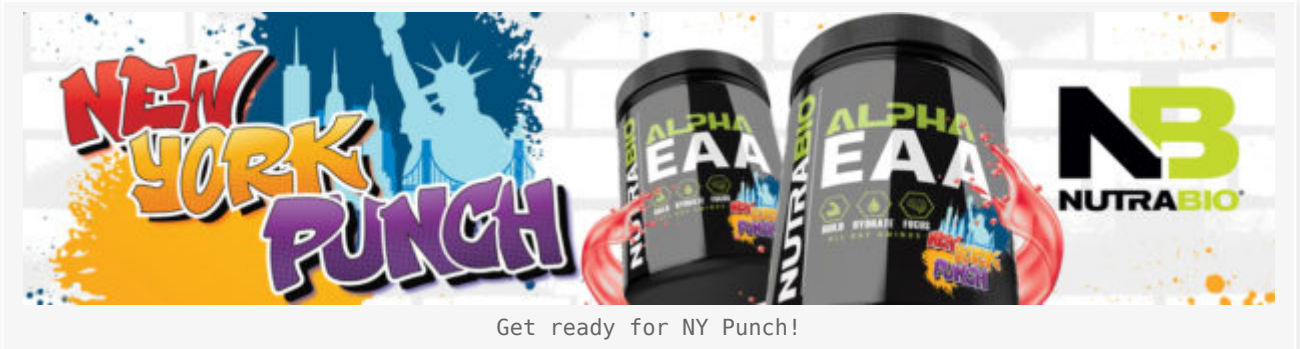
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Get ready for NY Punch!