

LEG DAY! NutraBio Intra Workout Powerhouse Supplement is a Monster!

written by Mike Roberto | March 10, 2021

NutraBio brings in the MOAB (mother of all bombs) of an intra-workout supplement: LEG DAY!

The Leg Day Backstory



On February 17, 2021, NutraBio CEO *Mark Glazier* teased an image of a “LEG DAY” tub on his personal instagram.[1] After posting the label, LEG DAY was released just 10 days later, and it's available for sale right now!

The long story short is that this is *the* intra workout supplement that you take during your most insane workouts. It has literally everything you could ever want in terms of amino acids, endurance boosters, strength and performance enhancement, hydration, and more. NutraBio has brought out some incredible patented ingredients that they've never used before, and it's all anchored with some high-quality carbs to keep you going.

If you've ever had a 2+ hour training session that left you horizontally glued to the floor once it was over, then Leg Day is the supplement for you.

We're going to jump into the ingredients of this monster, but before we do, sign up for our NutraBio News and deal alerts and see the PricePLOW-powered coupons

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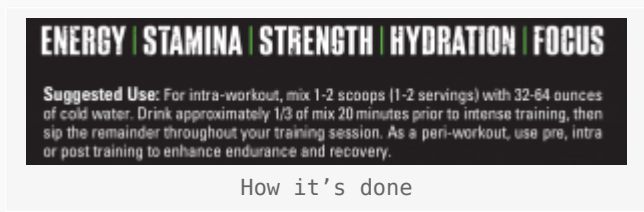
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NutraBio LEG DAY is to be taken *intra-workout* – meaning during your workout, but you can prepare for that leg-day-style workout beforehand and get those carbs in a bit quicker. Now, let's take a look at all the ingredients included in the powerhouse known as NutraBio Leg Day!

NutraBio Leg Day Ingredients

- **Dual Carbohydrate Energy Blend (30g)**

Supplement Facts

Serving size: 1 scoop (47.37 g)

Servings per container: 20

	Amount Per Serving	% DV
Calories	120	
Total Carbohydrate	32 g	12%*
Total Sugars	5 g	†
Added Sugars (as D-Ribose)	5 g	10%*
Calcium (as Calci-K™ calcium potassium phosphate citrate)	120 mg	10%
Phosphorus (as Calci-K™ calcium potassium phosphate citrate, sodium phosphate)	95 mg	8%
Magnesium (as Albion™ di-magnesium malate)	50 mg	12%
Sodium (as pink Himalayan sea salt, sodium phosphate)	200 mg	8%
Potassium (as Calci-K™ calcium potassium phosphate citrate)	100 mg	2%
Dual Carbohydrate Energy Blend (30 g)		
ClusterDextrin® (highly branched cyclic dextrin) (HBCD)	25 g	†
Bioenergy Ribose® (D-Ribose)	5 g	†
Leg Day Performance Matrix (450 mg)		
L-Dopa (Mucuna pruriens extract, standardized to 98% L-Dopa) (seed)	150 mg	†
elevATP® [ancient pea and apple fruit extract (Malus domestica)]	150 mg	†
NeuroFactor® [coffee berry extract (Coffea arabica) (fruit)]	100 mg	†
Senactiv® [Panax notoginseng (root), Rosa roxburghii (fruit)]	50 mg	†
Intra Blast Aminos (8.6 g) [EAAs (7.6 g), BCAAs (5 g)]		
L-Leucine (HPLC)	2,500 mg	†
L-Isoleucine (HPLC)	1,250 mg	†
L-Valine (HPLC)	1,250 mg	†
L-Ornithine HCl (HPLC)	1,000 mg	†
L-Lysine HCl (HPLC)	850 mg	†
L-Threonine (HPLC)	850 mg	†
L-Histidine HCl (HPLC)	450 mg	†
DL-Phenylalanine (HPLC)	300 mg	†
DL-Methionine (HPLC)	100 mg	†
L-Tryptophan (HPLC)	55 mg	†
Electrolyte & Hydration Optimizer (3.97 g)		
Taurine (HPLC)	2,000 mg	†
Calci-K™ (as Albion™ calcium potassium phosphate citrate)	667 mg	†
CocoPure™ (coconut water powder)	500 mg	†
Pink Himalayan Sea Salt	393 mg	†
Sodium Phosphate	157 mg	†
Di-Magnesium Malate (Albion™)	250 mg	†
Nutrient Absorption Enhancer		
Astragin™	50 mg	†
[astragalus membranaceus (root), panax notoginseng (root)]		

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

† Daily value (DV) not established.

Other Ingredients: Flavoring (citric acid 1,800 mg, natural flavor 1517mg, malic acid 800 mg, sucralose 220 mg, acesulfame potassium 120 mg), Coloring (blue spirulina 38mg)

Contains: Tree Nuts (Coconut)

We were blown away when NutraBio's intra workout predecessor, *Intra Blast*, was born. This is in a whole new stratosphere though!

Leg Day starts out with 30g of carbohydrates from two premium ingredients. Unlike Intra Blast, which has no carbohydrates, Leg Day brings plenty of energy!

- **Cluster Dextrin (highly branched cyclic dextrin) (HBCD) – 25g**

Leg Day gets you started with 25 grams of **Cluster Dextrin**, a branded ingredient known as *highly-branched cyclic dextrin*, or *HBCD*. This carbohydrate source is an athlete-favorite because of the way it helps users perform in the gym, and with little to no GI distress. HBCD is instead rapidly absorbed and converted to fuel, without causing discomfort.[2]

HBCD is made from *amylopectin* using high-tech methods to develop its unique properties. The end result is that it's made of long chains of glucose units. So it has a *higher* molecular weight, yet a *narrower* molecular weight distribution. It's also very soluble and stable in water

and mixes easily in liquid.

Another thing, HBCD, with its low osmolality and high molecular weight, is unlike glucose, which has a low molecular weight. This enables it to flow rapidly through the stomach and may even drive your amino acids and electrolytes faster as well.

The long story short is that **highly-branched cyclic dextrin works fast and hard as a carb source.**

A 2014 study published in the journal of *Bioscience, Biotechnology, and Biochemistry* put cyclic dextrin up against maltodextrin during a 60 minute cycling challenge, with each volunteer getting 15 gram doses. **Subjects taking cyclic dextrin reported better endurance.**[3]

- **Bioenergy Ribose (D-Ribose) – 5g**

Bioenergy Ribose is a unique 5-carbon carbohydrate that can be used as a stand-alone product or added to foods or supplements. Ribose works by regulating the body's natural energy synthesis. It helps muscles regenerate lost energy, and reduces muscle soreness. It also helps level the body's energy supply.



If Leg Day is any indicator, 2021 is going to be a *great* year for NutraBio.

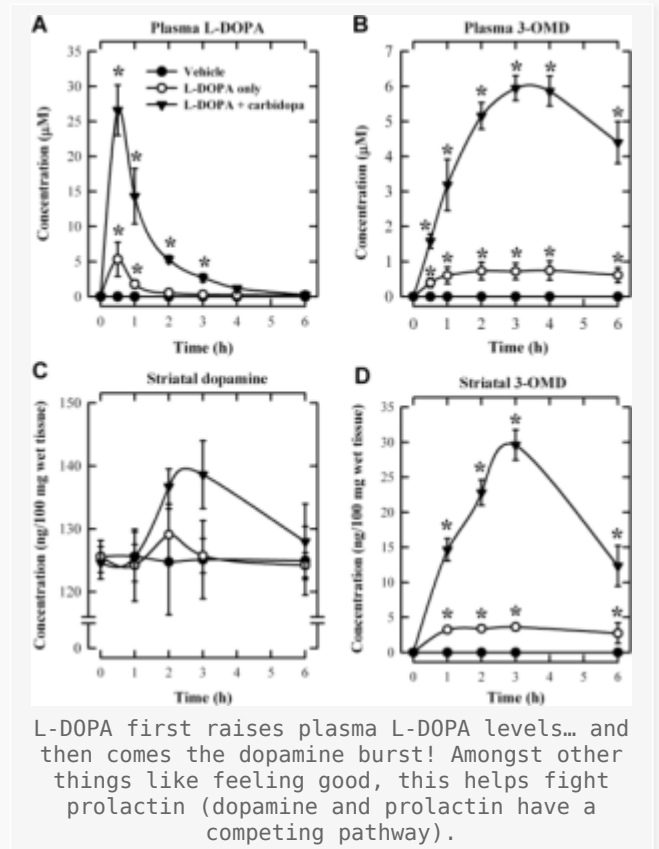
Ribose is well suited for anyone who wants more sustainable energy from the cellular level.[4] We've seen ribose in another NutraBio supplement that doesn't get any attention – their creatine supplement named ATP Evolution – but it was *not* in their other intra workout supplement, Intra Blast.

Adding ribose to this already impressive lineup will help that much more with that killer workout.

- **Leg Day Performance Matrix (450mg)**

Now here's where the *real* power behind Leg Day begins, with four incredible scientifically-backed ingredients:

- **L-Dopa (*Mucuna pruriens* extract, standardized to 98% L-Dopa) (seed) – 150mg**



L-Dopa, also known as **levodopa**, is a direct precursor to **dopamine**, a neurotransmitter that contributes to an overall sense of well-being, reward, pleasure, memory and motivation. It's exactly what you need as you continue to crush that LEG-DAY-style workout.

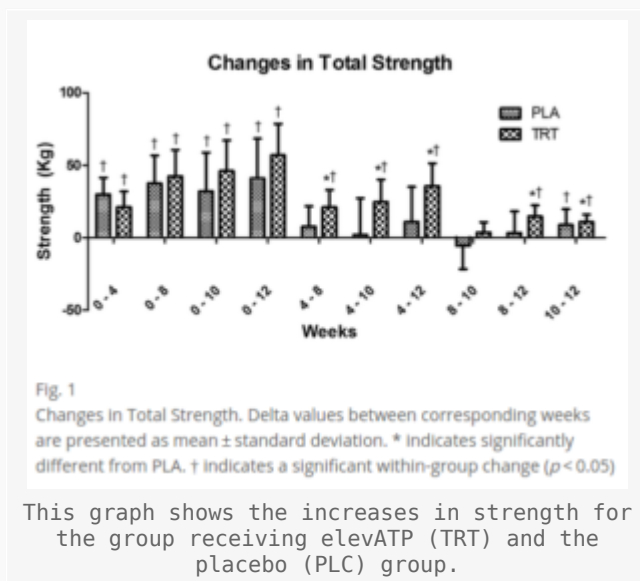
A study published in the *Journal of Traditional and Complementary Medicine* found that ***mucuna pruriens seed*** extract has potent neuroprotective properties.[5] There is research that goes as far back as 1972 demonstrating sufficient evidence that L-dopa acts as a hormonal balancer. Seven to nine male test subjects were given 500 milligrams of L-dopa. The results showed that the subjects had *decreased luteinizing levels*.[6]

Why is this important? High luteinizing hormone levels can yield infertility in both men and women,[7] while high levels of growth hormone causes its own set of issues. The study suggested that L-dopa is beneficial for regulating luteinizing hormone levels in both men and women.

Long story short? L-dopa here for the mood elevation, and “keeping your mindset together” during whatever absurd training session you’re about to embark upon.

- **ElevATP [ancient peat and apple fruit extract (*Malus domestica*)] – 150mg**

ElevATP is made by *FutureCeuticals* and is a patented blend of *ancient peat* and *apple extract*. Other supplements have used it to replace ribose, since there are clinically-demonstrated performance benefits. NutraBio, of course, decided to use *both!*



Initial studies showed that **elevATP** could effectively boost *ATP levels*, [8] and that’s crucial for nearly everything. Also known as *adenosine triphosphate*, ATP is the “*energy currency*” for our cells. When we’re low on ATP, or having trouble generating it, things go extremely wrong (this is known as *insufficient cellular energy*). We also deplete ATP during exercise, which leads to fatigue.

Further research dug into elevATP’s effects on strength, power, and performance. A second study found that supplementing with *150 milligrams-per-day* of elevATP yielded significant increases in subjects’ *one rep max for both squat and deadlift*. [9] In addition, there were improvements in *vertical jump peak velocity* and *power*. [9]

Given the FutureCeuticals research, there’s no surprise elevATP was added to something like Leg Day. We’re even more impressed that we’ll get to feel it alongside the ribose for even more synergy!

- **NeuroFactor [coffee berry extract (*Coffea arabica*) (fruit)] – 100mg**

An additional trademarked ingredient included in NutraBio’s Leg Day is

another innovative ingredient from FutureCeuticals – **NeuroFactor!**

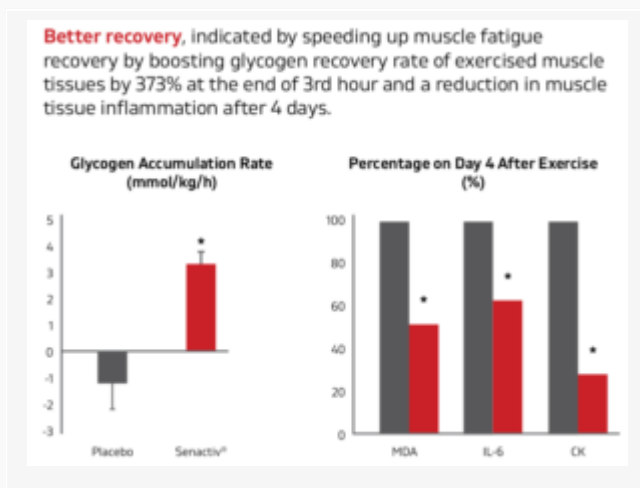


NeuroFactor is an extract from the *Coffea arabica* fruit known for its ability to boost focus, mental energy, and cognition. **NeuroFactor** is found in a variety of sports nutrition supplements, such as nootropics, pre-workouts, and even energy drinks. NeuroFactor works synergistically with caffeine to get you in the zone to crush a workout. There's no caffeine here in Leg Day, but there *may* be some in your pre workout!

NeuroFactor can increase your performance, and beyond that, it provides other unique health benefits. A study published in the *British Journal of Nutrition* found that 100 milligrams of NeuroFactor is capable of increasing levels of brain-derived-neurotrophic factor (BDNF), a protein that's highly concentrated in the brain.[10] Brain-derived neurotrophic factor (BDNF) is the substance plays an important role in the development, maintenance, and growth of new neurons.[10,11]

Neurotrophic factor also possesses neuroprotective, anti-inflammatory, and immunomodulatory properties.[10,11] NeuroFactor is one of the few dietary supplements that's been shown to increase BDNF, which is why it's gained in popularity over the last few years.

- **Senactiv [Panax notoginseng (root), Rosa roxburghii (fruit)] – 50mg**



Hard-training carb-lovers rejoice: The ginseng in Senactiv gets glycogen restored better and faster,[12] so you can reload and get after it sooner.

Formerly known as ActiGin, **Senactiv** is an ingredient brought to you by NuLiv Science that we've become fascinated with.

Senactiv is a proprietary blend of *Panax notoginseng* and *Rosa roxburghii*. NuLiv empowers this blend through a unique extraction and processing technology that allows for a higher purification and fractional extraction than that of the competition. Senactiv helps replace older endothelial cells with newer cells –and when used in pre-workout supplements, amino acids, and proteins, it accomplishes extremely encouraging results.

We've recently covered Senactiv in depth, and you can read more about its unique behavior in our article titled *Senactiv from NuLiv Science: Regenerate Senescent Cells and Perform Better*.

- **Intra Blast Aminos (8.6g) [(EAAs (7.6g), BCAAs (5g)]**

Most NutraBio users know about Intra Blast, which is their other intra workout supplement. While Intra Blast contains more aminos below, it does not have the above carbs and performance enhancers that make Leg Day so supreme.

Below we still have a formidable EAA blend (with 5g BCAAs), and honestly will gladly take the trade-off for a few less aminos in order to be able to afford the ingredients shown above!



One of PricePlow's favorite flavors of 2019 is here to stay – but sometimes, you need a bit more than Intra Blast – and that's where Leg Day comes in!

- **L-Leucine – 2,500mg**

When it comes to the aminos in NutraBio Leg Day's amino blend (and all amino supplements), the star of the show is **leucine**. Leucine is the driving force behind sports nutrition amino acid formulas. It's the *most anabolic of the amino acids*, so make sure your intra-workout supplement contains it or you're being sold short. You can be sure that NutraBio's Leg Day has the leucine you need.

- **L-Isoleucine – 1,250mg**

The excellent wingman to leucine is **isoleucine**. Isoleucine assists leucine in stimulating the mTOR pathway and assists elsewhere in the body to promote recovery. The research conducted on isoleucine has shown *increased glucose uptake* post-exercise,[13] priming the body to absorb nutrients to rebuild and recover. Having this ingredient in your intra-workout supplement will be important when you're hitting extra hard.

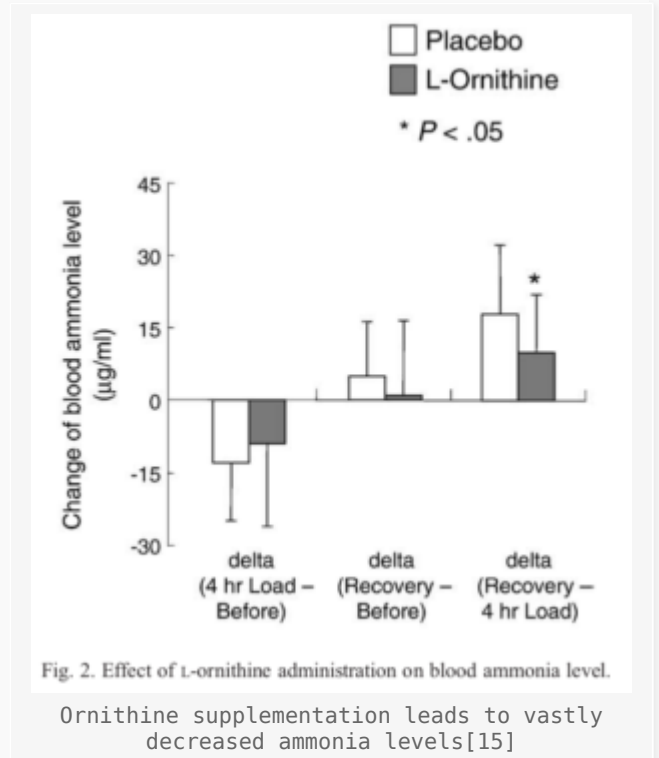
- **L-Valine – 1,250mg**

Valine brings up the rear with BCAAs and takes on a more supportive role. Working behind the scenes, valine ensures the other two are able to work as effectively as possible. The amino acid does have benefits of its own. Research has shown that valine encourages *glycogen synthesis*,[14] which is

very helpful with endurance, especially during prolonged physical exertion.

Researchers more recently discovered that valine breaks down into L-BAIBA during intense exercise. L-BAIBA is a non-protein amino acid that acts as a *messenger signal* to notify your body that you're hitting it hard. Theoretically speaking (and demonstrated in animal models), more of these signals means more beneficial exercise-based effects and activity.

- **L-Ornithine – 1,000mg**



Ornithine is a nonessential, nonprotein amino acid that's created when arginine is broken down during the Krebs cycle. With aspartic acid (another amino acid), it's believed to help convert ammonia to urea and support liver function.[15] Ornithine helps with exercise endurance and helps support function.[16]

We confidently believe that L-ornithine is a highly-underrated amino acid in these blends. The most interesting part is that when L-ornithine binds to ammonia, it creates citrulline,[15] which can then be cycled back into more nitric oxide production! Beats having ammonia around..

- **L-Lysine – 850mg**

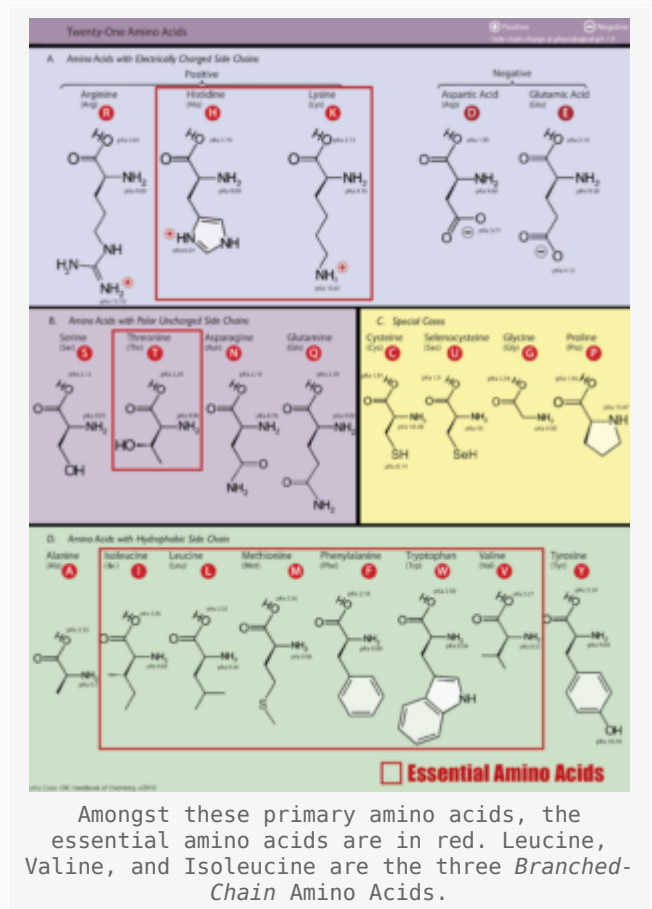
Lysine helps *maintain cellular health*, which the body loves. It *protects the immune system* and even helps *reduce inflammation*. Additionally, the relationship that lysine has with carnitine is an interesting one, as it kicks up *fatty acid oxidation* a notch. Next to leucine, this is the other

purely ketogenic essential amino acid.

- **L-Threonine – 850mg**

Threonine is the precursor to two other amino acids, *glycine* and *serine*. **Threonine** is useful in *aiding digestion*, [17] due to the amino assisting in maintaining intestinal walls through mucus lining conservation. Studies have also shown that l-threonine plays a role in *collagen synthesis* and *fatty acid oxidation*. [18]

- **L-Histidine – 450mg**



Integral to maintaining *hemoglobin levels*, [19] **histidine** keeps oxygenated blood flowing throughout the body. Alongside *beta alanine* (common in most pre workouts), it helps make *carnosine*, [20] which is an amino acid that acts as a powerful antioxidant and lactic acid buffer. Another fun fact about histidine is that it converts into *histamine* during digestion and can help protect the body from allergic reactions. [21]

- **L-Phenylalanine – 300mg**

Phenylalanine comes in playing a different role than the other aminos. Phenylalanine acts as a *nootropic* and can *enhance production of dopamine, epinephrine, and norepinephrine*. [22,23] Known as "*catecholamines*", when

these neurotransmitters are released, a state of *euphoria* arises. Often known as the “feel-goods”, they’re often associated with feelings of happiness, relaxation, and calmness.

With a little boosting of the brain brought to the group, phenylalanine definitely makes its presence known.

- **L-Methionine – 100mg**



Methionine wraps up the EAAs wearing a couple different hats. Like phenylalanine, methionine helps with the digestive system and breaks down *cysteine*, which is an amino acid that assists proper immune health. Methionine encourages *glutathione* synthesis, which helps temper oxidative stress. Too many people are deficient in this sulfur-based amino, so we’ll take it anytime, anywhere.

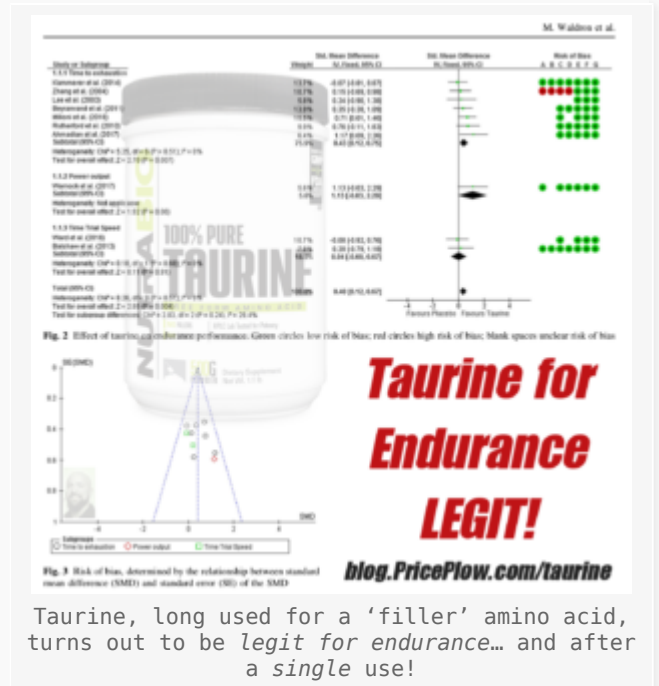
- **L-Tryptophan – 55mg**

Tryptophan is an essential amino acid. Without tryptophan, the body can’t produce serotonin, melatonin, auxin, or 5-HTP. Serotonin, the mood stabilizer, helps with feelings of happiness and wellbeing.

Don’t fear the tryptophan. Eat meat, get more, and enjoy the healthy serotonin supply!

- **Electrolyte & Hydration Optimizer (3.97g)**

- **Taurine (HPLC) – 2000mg**



For electrolyte and hydration optimizers, Leg Day brings in a tremendous dose of **taurine**, the osmolyte ingredient that helps us keep a proper water balance across our cells. This is a *conditionally* essential amino acid – while the body *can* create it from other molecules, things like intense exercise, poor diet, or illness can easily cause deficiency. And it's beneficial to supplement.[24]

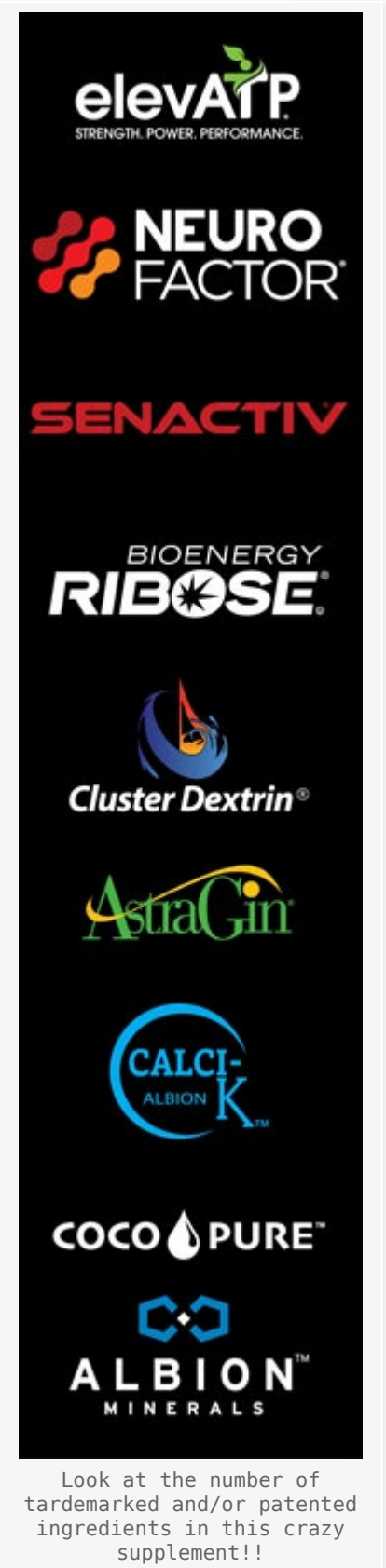
Supplementation and proper taurine status leads to several incredible benefits:

- Significant increase in endurance (after the first use!)[25]
- Reduction in oxidative stress[24,26]
- Improved calcium signaling for muscle contractions
- Improved cognition[26]
- Better bile production for enhanced fat metabolism

With these benefits, you can see why NutraBio included it in Leg Day.

• **Calci-K (as Albion calcium potassium phosphate citrate) – 667mg**

Developed by Albion Human Nutrition, Calci-K is a hybrid form of two crucial electrolytes: calcium and potassium.[27] Electrolytes help maintain proper hydration levels in the body and ensure optimal muscle contraction.



Look at the number of trademarked and/or patented ingredients in this crazy supplement!!

Calcium is needed for forming and maintaining strong bones, in addition to ensuring proper muscle firing. Potassium is another important electrolyte involved in muscle and nerve function, specifically the heart. Low levels of potassium can result in to cramping, fatigue, and slowed reflexes, none of which you want during your workouts.[28]

- **CocoPure (coconut water powder) – 500mg**

NutraBio Leg Day's .5 grams of **coconut water powder** helps promote hydration and optimizes performance. There's been an increase in the use of coconut powder in sports nutrition products lately, which includes intra-workout, pre-workout, hydration, and recovery supplements. Unfortunately, not all coconut water powders are the same, and many of them are basically sugar. Not CocoPure!

Next to electrolytes, coconut water powder is considered one of the best ingredients for maximizing hydration. Dehydration decreases performance and will derail a workout through *excessive fatigue*. The addition of coconut water powder to NutraBio's Leg Day ensures that it provides multiple-hydration-boosting ingredients. Plus, coconut water powder supplies additional electrolytes along with essential vitamins.

- **Pink Himalayan Sea Salt – 393mg**

Himalayan pink salt (along with the next ingredient, sodium phosphate) in NutraBio Leg Day supplies 140 *milligrams* of sodium. When you're looking to hit the gym hard for that monster leg-day-type workout, sodium is an underrated ingredient. When you sweat, you lose water, as well as excessive amounts of electrolytes – most notably, sodium.

Drinking water as your only source of rehydrating the body can cause several problems, including muscle cramps, reduced performance, and in extreme cases, a medical condition called hyponatremia (low levels of sodium in the blood).[29] Sodium, potassium, and calcium are required for the induction of nerve impulses, which lead to muscular contractions. Thus, it's crucial to get enough of these minerals on a daily basis.

Himalayan pink sea salt is known for improving digestion by promoting the production of hydrochloric acid. There are also plenty of other trace minerals from Himalayan pink salt, but sodium chloride will be most prominent.

- **Sodium Phosphate – 157mg**

Much like the Himalayan pink sea salt, sodium is another vital electrolyte needed for ensuring proper hydration during physical activity. During exercise, loads of electrolytes (especially sodium) are lost through sweat. While this may not seem like a big deal, as little as a 2% loss in hydration can lead to severe cramping, performance decline, and altered central nervous system function.[30]

- **Di-Magnesium Malate (Albion) – 250mg**

We've covered how important magnesium is, as well as the best type. Magnesium is the second most abundant mineral in the body, with calcium

being the most abundant.

Like the other electrolytes, magnesium is required for numerous functions in the body, but most pertinent to your immediate goals are: protein synthesis, energy production, glucose control, and muscle contractions.[31,32]

Again, Leg Day pours in the ingredients that you need to hit that workout hard!

- **Nutrient Absorption Enhancer**

NutraBio brings in Astragin from NutraBio UpSorb, the daily nutrient optimizer.

- **Astragin [Astragalus membranaceus (root), Panax notoginseng (root)] – 50mg**



AstraGin is an all-natural blend of two plants, *Astragalus membranaceus* and *Panax notoginseng*. It combines the contributions of each plant to deliver a potent *nutrient-absorbing* ingredient. Formulated by *NuLiv Science* (same as *Senactiv* discussed above), this ingredient has made quite a name for itself in recent years, showing incredible potential in *enhancing nutrient bioavailability*. Don't just take our word for it, though, the research is *extremely convincing!*

To get a more in-depth look at **AstraGin**, read our article titled *NutraBio UpSorb: Make Your Supplement Stronger*.

Now *that's* an ingredient label if we've ever seen one!!

Flavors available

NutraBio launched Leg Day in two flavors, but the list below will remain up to date in case they release any additional ones:

Conclusion: Leg Day is the “Go Big or Go Home” Intra

NutraBio stunned us with this one, and quite honestly, we weren't ready for such a monster supplement.



When explaining Leg Day to a friend, the best way to describe it was to say that *“This is the supplement you take for those three hour Saturday gym sessions where you ‘lose’ your phone and your girlfriend seriously re-evaluates your relationship because this is all you do all weekend.”*

It's the MOAB of intra workouts. Carbs, aminos, hydration, and performance enhancers. In NutraBio terms, Intra Blast meets Super Carb at the powerhouse and taps into some extra performance enhancers.

For a while, Mark Glazier had been talking about blowing the lid off of a workout supplement. He finally did it, and he did it in breakneck speed from start to finish. And he and his team knocked it out of the park.

Make every day leg day. Turn up the speakers and get to work. You can always “find” your phone later.

NutraBio Leg Day – Deals and Price Drop Alerts

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Get Leg Day Price Alerts Get NutraBio alerts Get Intra Workout price drops

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