

# Muscle Elements PreCre XS: Energy Upgraded!

written by Mike Roberto | January 21, 2016



Muscle Elements newest pre workout PreCre XS contains 419mg total caffeine in addition to yohimbine making for one seriously high stim pre workout!

Several weeks ago **Muscle Elements** announced they'd be bringing a newer, more powerful pre workout to the market. This new product is not intended to *replace* the original PreCre, but serve as another option for the high-stim fiends out there.

We've covered the original **PreCre** in great detail before in a blog post titled *PreCre: Everything RIGHT in a Pre Workout*. Clearly we love it, as it's rated one of our top pre workouts and a product we can recommend to nearly anyone, anytime, anywhere!

Now, **PreCre XS** takes all that is great from its predecessor and jacks up the energy component to level 9000!

## PreCre XS Long Story Short:

- Total Caffeine dose: **419mg!**
- **Same pump / ergogenic blend** as PreCre Original
- More **focus** ingredients
- **Yohimbine** and **rauwolscine** added

We'll reveal the full label below, but first make sure to sign up for price drop alerts and check the best deal:

## Muscle Elements PreCre XS – Deals and Price Drop Alerts

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## PreCre XS Ingredients

If you were a fan of the original PreCre, you'll be glad to know that M.e. has carried over everything to PreCre XS. Since the two are so remarkably similar, we're just going to cover the new components here.

For the *full* breakdown of the original product, head on over to our original blog post on PreCre.

Now, onto the upgraded stims!

- **Mind-Muscle Activator Elements**

- **N-Acetyl L-Tyrosine (500mg)**

SUPPLEMENT FACTS		
Serving Size: 1 scoop (24g)		
Servings Per Container: 30		
	Amount Per Serving	% Daily Value†
Calories	40	
Total Carbohydrate	10g	3%
Sugars	0g	0%
Calcium	150mg	15%
Magnesium	36mg	9%
Phosphorus	130mg	13%
Sodium	70mg	3%
<b>GlycoPump &amp; NO Infusion Elements™</b>		
Cyclic Dextrin	5,000mg	**
Modified Glucose Polymers	5,000mg	**
AgmaMAX™(Agmatine Sulfate)	500mg	**
PTS-SURGE™(Vitis vinifera)(Skins and Seeds) (Standardized for 40% Proanthocyanadins)	100mg	**
<b>Bi-Cre Power Composite Elements™</b>		
Creatine Monohydrate	4,000mg	**
Creatine HCL	1,000mg	**
<b>Intracellular Capacity Amplifier Elements™</b>		
Betaine HCL	1,500mg	**
Beta-Alanine (as CarnoSyn™)	1,200mg	**
Creatinol-O-Phosphate (COP MAX™)	500mg	**
Taurine	500mg	**
<b>Mind-Muscle Activator Elements™</b>		
N-Acetyl Tyrosine	500mg	**
Caffeine Anhydrous	370mg	**
Guarana Extract (Paullinia Cupana)(Seed)(22% Caffeine)	200mg	**
Disodium Phosphate	200mg	**
Dimagnesium Phosphate	200mg	**
Dicalcium Phosphate	200mg	**
DMAE (DimethylAminoEthanol Bitartrate)	150mg	**
Dicaffeine Malate	70mg	**
Huperzine A 1%	5mg	**
Yohimbe HCL 99%	2mg	**
Rauwolfia Vomitoria Root Extract (Std. Min. 90% Alpha-Yohimbine)	1mg	**

†Percent Daily Values are based on a 2,000 calorie diet.  
\*\*Daily Value Not Established.

PreCre XS contains all the same things you loved from the original PreCre, but with A LOT more energy crammed in!

Our first ingredient in the new PreCre XS is a carryover from the original PreCre. Both contain 500mg of N-Acetyl L-Tyrosine (NALT) to help improve focus and cognition during your workouts.

NALT is a more bioavailable form of the amino acid L-Tyrosine, which when supplemented increases the production of two critical neurotransmitters in the body, dopamine and noradrenaline. This helps boost mood and focus, while decreasing stress and anxiety.[1,2]

- **Caffeine Anhydrous (370mg)**

The first of many stims to come is caffeine anhydrous. The original PreCre contained 200mg straight caffeine (plus 44mg from slower sources) while PreCre XS crams in 370mg worth of pure caffeine! Keep in mind, this is only the *first* of more to come.

This dose alone elevates PreCre XS into the growing category of 300+mg caffeinated pre workouts.

This amount may be great for the 2-3 scooper kind of guys out there. Even so, we'd still start a bit less than a scoop. All that being said, should you be able to handle this amount of caffeine, you should expect to see some great improvements in performance, mood, focus, and endurance.[3,4]

And if you can't handle this much caffeine... you should be looking at the Original PreCre anyway!

- **Guarana Extract (200mg)**

Guarana seeds contain roughly twice the amount of caffeine as coffee beans[5] and are typically found in all sorts of energy drinks. The particular extract here is standardized for 22% caffeine, which brings the total caffeine content so far 414mg!

- **Disodium Phosphate (200mg)**



Much like with NALT, M.e. has kept the electrolyte blend the exact same from PreCre. Lots of electrolytes are lost during high intensity exercise, and even as little as a 2% decrease in hydration levels can lead to severe cramping, reduced performance, and impaired CNS function.[6]

Sodium is one of the key electrolytes required by the body to perform several key physiological processes, namely muscle contraction and nerve function.

- **Dimagnesium Phosphate (200mg)**

Magnesium is another electrolyte involved in over 300 different processes in the body including protein synthesis, energy production, and muscular contraction.[7,8,9]

Furthermore, magnesium is also the second most abundant mineral in the body, and the second most common nutrient deficiency in humans.[10,11] For athletes, it's even more important to maintain adequate magnesium levels in order to ensure optimal performance and recovery.

- **Dicalcium Phosphate (200mg)**

Calcium is our last electrolyte carried over from PreCre XS and a vital player in bone formation and metabolism. Often times, it's included alongside magnesium, but this may not be ideal as the two minerals compete for the same absorption pathway.

When dosed together, calcium absorption seems to be impaired significantly.[12]

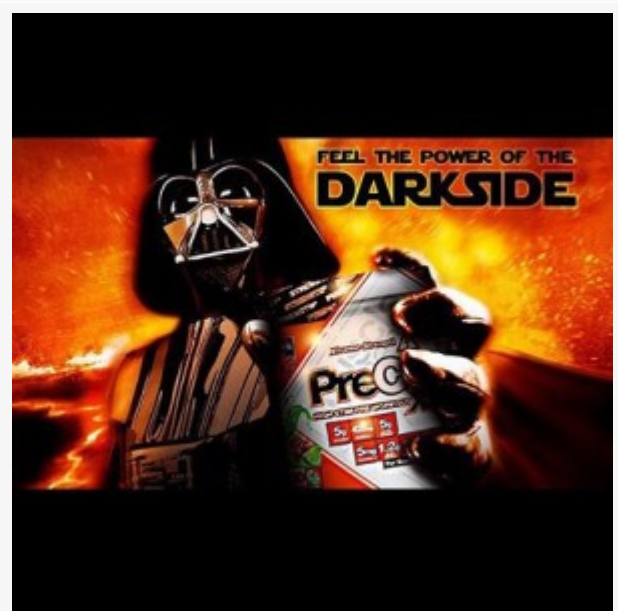
*Between this and the OG PreCre, Muscle Elements guarantees a **one-scoop experience for nearly everyone.***

- **DMAE (150mg)**

DMAE (Dimethyl Amino Ethanol Bitartrate) is a derivative of choline that helps prevent the buildup of the "age pigment" in the brain.[13] It's also frequently used as a focus booster.

It helps enhance acetylcholine production in the body as well as improve memory and cognition. DMAE really shines though when combined with caffeine and NALT, yielding a very "in the zone" type sensation during your workout.

- **Dicaffeine Malate (70mg)**



Is the profile on PreCre XS enough to get you to turn to the dark side?

Dicaffeine malate is a combination of caffeine anhydrous and malic acid that contains roughly 73% caffeine by weight. This means we now have an additional 51-52mg of caffeine to add to the 370mg already contained in PreCre XS.

This means that we now have **a grand total of 419mg of caffeine!**

- **Huperzine A 1% (5mg)**

Huperzine is another cognitive booster, also known as Toothed Clubmoss. While DMAE directly increases levels of acetylcholine, Huperzine indirectly increases it by inhibiting acetylcholinesterase.[14]

Acetylcholinesterase is the enzyme responsible for degrading acetylcholine in the body. Inhibiting this enzyme means more acetylcholine is around in the body, leading to greater focus.

Huperzine also prevents premature cell death instigated by the neurotoxin glutamine and may potentially even help create new brain cells, making it *neurogenerative*. [15,16]

- **Yohimbine HCl 99% (2mg)**



Yohimbine is an alpha-2-adrenergic blocking agent derived from the Pausinystalia yohimbe tree. As an alpha receptor agonist, it increases noradrenaline release,[17] and as well as increase alertness and cognition.[18]

Yohimbine's best suited for enhancing lipolysis, increasing appetite control and energy expenditure.[19,20,21] Coupled with the caffeine and

one additional form of Y to come means you'll be experiencing an energy and warming overload, most likely never felt before.

- **Rauwolfia Vomitoria Extract (1mg)**

Rauwolfia, a.k.a. alpha-yohimbine, a.k.a. rauwolscine, is final ingredient (and stimulant) in PreCre XS. Whereas yohimbine is naturally found in the bark of the, Pausinystalia yohimbe tree, Rauwolfia is diastereoisomer of yohimbine, basically a slight variant of Y that function more or less the same but with some different properties.

Much like regular Yohimbine, Alpha-Y functions primarily as an alpha-2 agonist[22], which helps liberate stored fatty acids for use as an energy source by the body.

Furthermore, rauwolscine has a longer half-life than regular Y which means it'll hang around longer in your body giving you an even more prolonged energy high.

Hopefully the ride down isn't too brutal from the combination of all these stimulants...

Put simply, between this and the OG PreCre, **Muscle Elements guarantees a one-scoop experience for nearly everyone.**

## **Initial flavors Available**

Unfortunately, as we write this, PreCre XS isn't available yet, though we do expect it to be released anytime now. Once it is released, we know that it will at least come in **Cherry Limeade**. As for any additional flavors, we'll just have to wait and see.

## **Takeaway**

Muscle Elements sure knows how to make things "XS" in terms of energy. Coming in at 470mg of caffeine seems a bit excessive in our minds, in addition to all of the other stimulants contained in PreCre XS.

Now, if you're a stimulant junky, this may be an ideal option for you. However, if you're more of a "regular" stim fan and like something in the 200-300mg range, your best bet is to head back to our original PreCre page.

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