

Engorge Yourself with Primeval Labs VasoGorge

written by Nick Andrews | November 5, 2021



Bodybuilders and athletes have been known to chase the “pump,” the maximization of blood flow to muscles during and after a workout. At times, our enthusiasm for The Pump has seemingly verged on ridiculous, but there’s a very good reason for it: a bigger pump is better across the board.

Today we’re talking about *VasoGorge*, a *powerful* and *elegant* supplement from Primeval Labs that’s formulated to *pump you up to the max*.

VasoGorge is back, and this time it’s bringing *Nitrosigine*

VasoGorge is designed around *Nitrosigine*, a designer form of *arginine* from one of our *favorite* industry innovators, Nutrition21.

Watching Primeval Labs team up with Nutrition21 is a sight to see, since both companies *always* coming up with something new – combining patented and tested ingredients with Primeval’s formulation expertise means you’re going to get something powerful. When we first heard about *Nitrosigine* a few years ago, the science was *very* promising, and it’s only gotten better as more data’s been released.

It’s all covered below, but if you want to read more about Primeval Labs’ transformative work, see our Primeval Labs news page, check PricePLOW’s coupon-powered prices below, and get ready to get pumped:

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Ingredients

Supplement Facts		
Serving Size 5 Capsules		
Servings per container 25		
	Amount per serving	% Daily Value
Chloride (as pink himalayan salt)	145mg	6%
Sodium (as pink himalayan salt)	97.5mg	4%
Potassium (from Nitrosigine)	60mg	1%
Inositol-stabilized Arginine Silicate (as Nitrosigine)	1500mg	
Pine Bark Extract (Pinus massoniana)	250mg	
Pink Himalayan Salt	250mg	

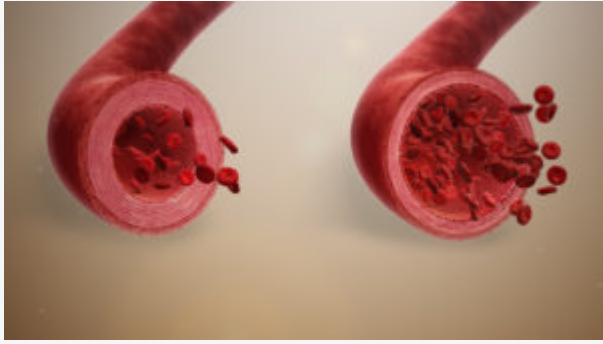
Other Ingredients: Gelatin (capsule), Rice Powder, L-Leucine, Calcium Silicate, Magnesium Stearate, Silicon Dioxide

Get GORGED on nitric oxide

In a *five-capsule* dose of VasoGorge, you get the following:

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

The primary target for anyone looking to increase their *pump* is the *nitric oxide* system. Nitric oxide (NO) is the molecule that causes smooth muscle surrounding your blood vessels to *relax*, leading to *vasodilation*. It's a common phenomenon where your veins and arteries *grow* in diameter.[1] This, in turn, improves blood circulation, especially through small capillaries and veins. When your circulation is better, it improves fuel and nutrient delivery to cells.[2] That means better *performance* during a workout, and faster, more effective *recovery* after a workout. It means lower blood pressure, and less strain on your heart and blood vessels as you push yourself to your limit.



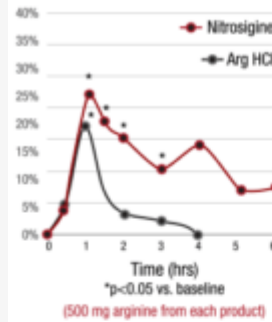
A blood vessel before (L) and after (R) undergoing vasodilation

Maximizing *nitric oxide* production is key to achieving an awesome *pump*. Back in the day, people tried to achieve this with *arginine* supplementation, but it proved to be largely ineffective. That's because when *arginine* is ingested, it is broken down in the gut by the "first pass" effect, meaning that very little of it actually makes it into the bloodstream where it can be biologically active.[3] Put simply, the bioavailability of arginine is *low*. [3]

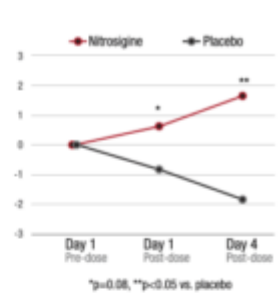
That's where *Nitrosigine* from *Nutrition 21* comes in. Nutrition 21 *solved* the problem of low arginine bioavailability by synthesizing a *stabilized* form of arginine called **Nitrosigine**.

Introducing Nitrosigine: A better arginine

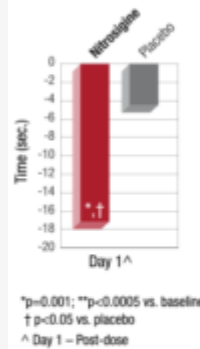
Increases Blood Arginine Levels
Comparative PK Study¹



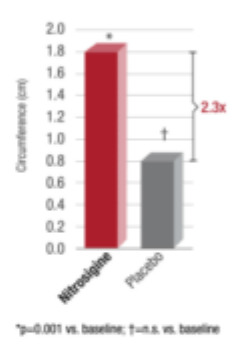
Increases Energy Levels
Change in Energy Level²



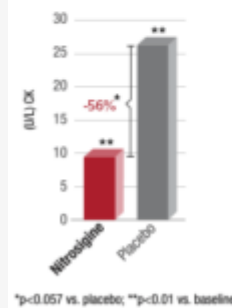
Improves Focus and Mental Acuity
Change in Time to Complete Trail Making Test B
(15 minutes after Supplementation)⁴



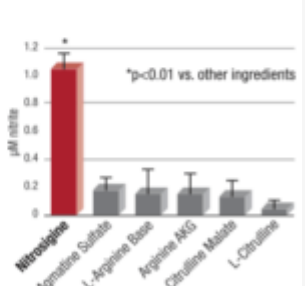
Boosts Muscle Pump
Increase in Upper Leg Pump
After Workout¹– Day 4



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, Sander 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 ocular 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 backed” – Image courtesy Nutrition21

Nitrosigine is a complex of arginine, inositol, and potassium silicate.[4] When bonded with these other two molecules, arginine becomes significantly more bioavailable compared to regular arginine.[5] Moreover, the *complex* of these three molecules outperforms the *combination* of the individual ingredients in equivalent doses,[5] suggesting that the *arginine* part of the complex is somehow protected from breaking down thanks to its *chemical bonds*

with inositol and potassium silicate. It probably does this by inhibiting *arginase*, the enzyme responsible for breaking down arginine in the gut.[6]

This makes for an arginine supplement that's both *fast-acting* and *long-lasting*: research on the effects of Nitrosigine has shown that it is biologically active half an hour after ingestion, with the duration of the effect being somewhere between 1.5 hours and 6 hours.[7,8]

One of the many *amazing* things about the arginine-inositol-potassium silicate complex (ASI) is that it has benefits *beyond* physical performance. This compound has been shown in a research setting to improve cognition across *multiple domains* in athletes,[9] *preventing* the temporary cognitive decline that follows intense exercise, and enabling users to complete cognitive tests *faster* compared to those who did not receive Nitrosigine.

And if you're not an athlete, take note anyways: in young men who *weren't* acutely fatigued from exercise, Nitrosigine improved the speed of task switching, which is a measure of cognitive flexibility.[10]

If you're looking for a good sound bite to sum up the benefits of *Nitrosigine*, here it is: subjects who were given 1,500 milligrams of Nitrosigine daily experienced *increased perceived energy* after 72 hours of supplementation.[7] *Feeling energetic* is fundamental to accomplishing any task, mental or physical. And these results aren't surprising, considering how fundamental *blood flow* is to the body's energy supply.

If you want an even *longer, more in-depth* discussion of what makes Nitrosigine so *awesome*, check out our long-form article on the subject, "*Nitrosigine: The Nitric Oxide Booster That Enhances Brain Function.*"

- **Pine Bark Extract (*Pinus massoniana*) – 250 mg**



When Primeval Labs enters a niche, they enter *explosively*. Get ready to **go Ape** – no shaker cup needed. Stack it with VasoGorge!

Just like Nitrosigine, **pine bark extract** increases *vasodilation* by escalating the nitric oxide (NO) production of the body. Chock full of antioxidant *phenolic compounds*, [11,12] pine bark extract stimulates *endothelial nitric oxide synthase*, also known as eNOS, [11,12] the enzyme responsible for creating nitric oxide. Theoretically, activating eNOS *should* result in greater nitric oxide production.

Partly because of its effect on NO production, partly because of its inherent antioxidant properties, pine bark extract has been used for many years as an herbal treatment for various diseases of the cardiovascular system, [11,12] on which it has been shown to have broad protective effects. [11,12]

It has been suggested by limited research that pine bark extract can help prevent chronic inflammation and neurological problems. [12]

- **Pink Himalayan Salt – 250 mg**

You might be surprised to see *salt* here, since sodium intake is typically associated with *vasoconstriction* and *higher* blood pressure. But that's no concern, because the amount of sodium included here is minuscule – the idea behind including *pink Himalayan salt* is that this particular salt contains *magnesium, potassium, and calcium* in addition to sodium, making it the perfect ingredient for comprehensive *electrolyte support*.



Himalayan pink salt in its coarse form

Electrolyte support is important because ultimately, the point of a pump is to help us *work out* harder. And if your muscles don't have enough of these crucial *electrolyte* minerals, they will function below their optimal capacity.

Sodium in particular, despite its bad rap, is needed for muscles to contract. [13] If you're working-out hard, you should *always* be sure to replace

the sodium your body inevitably loses through sweat. Otherwise, your performance and recovery will be impaired.[14] If you're feeling like your performance has been subpar lately, adding more salt to your diet is one of the first easy fixes you should try.

If you're interested in learning more about sodium supplementation, check out our long-form reference on the subject, "*The Importance of Salt in the Athlete's Diet*"[14].

Conclusion



The most *effective* supplements often have the simplest and most elegant formulas, and that's exactly what we have with *VasoGorge*. Nitrosigine is doing the heavy lifting here, which is fine because it's a *powerful* ingredient, one of the absolute *best* and most *direct* methods to raise *blood arginine* levels that we know of.

Pine pollen is a very smart choice to stack with Nitrosigine – a perfect synergy since Nitrosigine provides *raw materials* for the production of nitric oxide while pine pollen *stimulates* the synthesis of those raw materials into nitric oxide.

Given the unbelievable *importance* of nitric oxide for whole-body fitness, we recommend this supplement for anyone who's active, or just wants to improve their cardiovascular health.

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