

Psycho Pharma Edge of Insanity: The Heavy Metal of Pre Workouts

written by Mike Roberto | December 28, 2017

Note: This product has been reformulated for late 2019 / early 2020 and this article will be updated.



Over the past few months, we've been hearing incessant musing about a particular pre workout that brings an *insane* rush of energy and focus. One so potent it potentially rivals the top pre workouts with the "KING of stimulants" that were on the market.

The pre workout we're talking about is none other than **Edge of Insanity** by **Psycho Pharma**. Well, we recently talked to the brand to find out a little more about this hard-hitting pre workout, and learned there's actual a *revised* version that's about to be released that's potentially even harder hitting than the OG version.

You can read all about the revamped version of Edge of Insanity below, but before we get there, take a moment to check the best deal and sign up for alerts from PricePLOW:

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Note: Some stores may still have the older version, so check the store's label. If you see "Panthergy" or "N-Methylpentyl-Iminoglutaric Acid", that is the older version. If you see isopropyl-norsynephrine, that is the newer version.

Edge of Insanity Ingredients

As we mentioned up top, Edge of Insanity has been reformulated. Gone from the new version are the stimulants N-methylpentyl-iminoglutaric acid (a.k.a. Panthergy) and Synephrine. In their place, you'll find *isopropyl-norsynephrine*, *eria jarensis*, and *theophylline*.

- **PSYCHO Vascularity Endurance & Pumps Blend (6,028mg)**
 - Beta Alanine

Supplement Facts	
Serving size: 1 Scoop (10g) Servings per container: 30	
Amount per Serving	% Daily Value
PSYCHO Endurance Vascularity & Pumps Blend	6,028mg*
Beta-Alanine, L-Arginine Alphaketoglutarate (2:1), Agmatine Sulfate	
Razor's Edge Focus	788mg*
Panthergy™ N-Methylpentyl-Iminoglutaric Acid, Caffeine Anhydrous, Synephrine HCL, Halostachine, Theobromine, Octopamine HCL, N-Methyl L-Tyramine HCL, Rauwolfia vomitoria Root Extract (std. min. 90 % Alpha-Yohimbine).	
Daily Value not Established	

Other Ingredients: Natural & Artificial Flavor, Sucralose, Calcium Silicate, Citric Acid, Silicon Dioxide, FD&C Red #40.

Note the **old label** contains Panthergy, which has been removed in the new version.

Supplement Facts

Serving size: approx. 1 Scoop (10g)
Servings per container: 30

PSYCHO Endurance Vascularity & Pumps Blend 6,028mg**
Beta-Alanine, L-Arginine Alphaketoglutarate (2:1),
Agmatine Sulfate

Razor's Edge Focus 680mg**
Caffeine Anhydrous, Eria Jarensis extract-N-phenyl-Dimethylamine,
Dimethylethanolamine, Theophylline Anhydrous (natural),
Halostachine, Isopropylnor-synephrine, Octopamine, Theobromine,
N-Methyl Tyramine, Rauwolfia vomitoria Root Extract (std. min.
90% Alpha-Yohimbine)

*Daily Values based on a 2,000 calorie diet
**Daily Value Not Established

Other Ingredients: Maltodextrin, Natural & Artificial Flavors,
Malic Acid, Sucralose, Citric Acid, Acesulfame Potassium,
Silicon Dioxide, FD&C Red #40

The *new Edge of Insanity* formula is still packing a lot of heat at 350mg caffeine per scoop plus Eria Jarensis and a whole lot of other potent stimulants.

Leading off this insane energy pre workout is the best known endurance booster on the market, beta alanine. Known for its trademark tingling side effects, beta alanine enhances stamina and delays the onset of fatigue by increasing carnosine concentrations in the body which boosts your muscles buffering ability.[1,2]

Seeing as this is the first ingredient in the 6g prop blend, and there being only 2 other ingredients in this blend, we're estimating you're getting at least 3g worth of beta alanine here, and definitely close to the 3.2g daily clinical doses used in studies.

Get ready for some serious tingles, folks!

- **Arginine Alpha Ketoglutarate**

Commonly displayed as AAKG, Arginine Alpha Ketoglutarate is an anionic salt of L-arginine an alpha-ketoglutarate (AKG). This "enhanced" form of arginine was believed to enhance the bioavailability and effectiveness of arginine in the body, helping it survive the stomach and enhance uptake in the intestines. Research is mixed at best, as some studies show it increases plasma arginine levels, but other studies show it has no effect or possibly decreases performance.[3,4,5]

This ingredient is an OK "co-pump enhancer" but we're not fans of it being the *only* pump booster in pre workouts claiming to give pumps, which is why the next ingredient is especially helpful.

- **Agmatine Sulfate**



Add the “edge” to your training with Edge of Insanity.

Agmatine is a very potent, yet extremely underrated, NO-boosting compound. This derivative of arginine indirectly increases nitric oxide production by inhibiting the enzyme that restricts nitric oxide production, arginase.[7]

Typically, we’d like to 1-1.5g of agmatine in a pre workout. Given this is the last ingredient in a prop blend, there’s a solid chance you’re getting at least 500-750mg worth here.

- **Razor’s Edge Focus (680mg)**

- **Caffeine Anhydrous**

Here’s where the *insanity* begins folks.

Right out of the gate Psycho Pharma is hitting you with a powerful **350mg per serving** of pure caffeine anhydrous, a.k.a. Immediate, intense energy.

For many, this will provide just enough “edge” to the initial energy surge without going over the edge. Once you start to hit 400mg and above, even the most hardcore stim heads may get uncomfortable.

- **Eria Jarensis**



Up next is the ultimate “feel-good” exotic stim blend Eria Jarensis. This plant is chock full of mood-enhancing, PEA-like compounds, which PsychoPharma has standardized its extract for the **N-phenethyl dimethylamine** content.

Suffice it to say that with other stims likely on the outs for good, this is the leading “next level” stim of future pre workouts. We’ve gone into much more detail about this potent stim in our write up: [Eria Jarensis Extract / N-phenethyl dimethylamine: The Next Big Thing?](#)

- **Theophylline**

Also known as 1,3-dimethylxanthine, theophylline is another methylxanthine, similar to caffeine that’s traditionally used to combat respiratory diseases such as asthma or chronic obstructive pulmonary disease (COPD).[8,9] Theophylline also acts similar to caffeine in that it is a phosphodiesterase inhibitor and adenosine receptor blocker.[10]

- **Halostachine**

Halostachine is a mild sympathomimetic agent that can act as a partial adrenergic binding agent.[11] Research notes halostachine is approximately 19% as effective as epinephrine in stimulating the beta-2 receptor.[12]

Where halostachine really shines is in the role of an alpha receptor agonist, which elevates body temperature and provides some mild vasoconstriction.

- **Isopropylorsynephrine**



The new version of Edge of Insanity is available NOW. Can you handle it?

Next up is a none too frequently used stimulant, *isopropyl-norsynephrine*. This stimulant is an isopropyl derivative of the well known fat loss agent, synephrine. Isopropyl-norsynephrine is a potent fat loss agent documented to be “active at 1 $\mu\text{g/ml}$ and reproducing more than 60% of isoprenaline maximal effect in human adipocytes”. [13]

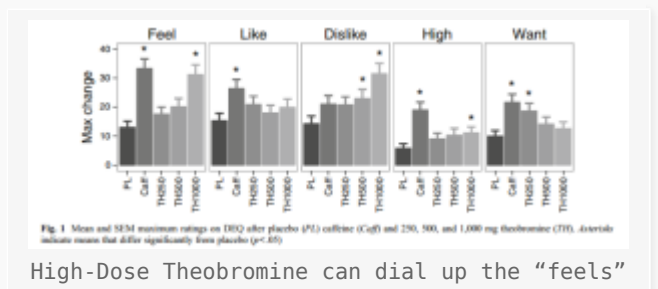
Interestingly, this is the ingredient that Hi-Tech Pharma has been using for their Mesomorph replacement, since they can no longer manufacture supplements with the ingredient. It indeed looks powerful, but we’re just not sure *how* powerful.

- **Octopamine**

Octopamine is yet another stimulant / fat loss agent found in citrus aurantium (bitter orange). Octopamine restricts glucose uptake by fat cells by inhibiting beta-3 receptors in the body.

Note that if you’re a drug tested athlete, octopamine is on WADA’s banned substance list.

- **Theobromine**



High-Dose Theobromine can dial up the “feels”

A dual stimulant and vasodilator, theobromine is another relative of caffeine, often termed caffeine's "weaker, younger brother". The reason is, is that theobromine provides a smoother, more sustained (and gentler) release of energy than caffeine.[14]

- **N-Methyl Tyramine**

N-Methyl Tyramine (NMT) is a stimulant shown in animal studies to increase production of several powerful catecholamines including dopamine, epinephrine (adrenaline), and norepinephrine (noradrenaline).[15,16] The resulting cascade of neurotransmitters elevates focus, motivation and alertness.

- **Rauwolfia Vomitoria Extract**

Last up is one of the hardest hitting stimulants of all in rauwolfia vomitoria, which is standardized to 90% alpha-yohimbine. This is a more intense, aggressive feeling form of yohimbine, but typically without the uncomfortable side effects that typically come with yohimbine use for some users.

Psycho Pharma has been kind enough to disclose the dose of alpha-Y for those that are particularly sensitive to the aggressive stimulant. Each serving of Edge of Insanity provides **5mg of alpha-yohimbine** per scoop. WHOA BABY! Get ready for *serious* rush of energy with this one folks.

On the Formula

"Edge of insanity has been formulated to rival the effects of [previous banned stimulants]. I've personally guinea pigged and compared these many many times to arrive at this formula. 5 mg alpha Yohimbine is the only secret I'm releasing.

I dare others to use something this expensive and effective in their formulas."

– Psycho Pharma

Flavors Available

Edge of Insanity comes in three flavors including:

- Cosmic Candy
- Rainbow Sherbet
- Spiked Punch

Possible Inspiration? The Metal Band *Edge of Sanity*

There was a heavy metal band from 1989-2003 founded by metal legend Dan Swanö named Edge of Sanity.

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If you start following Psycho Pharma (just look at some of the other Psycho Pharma supplements!), you'll notice a few other wildly named products, including some that seem to be metal inspired! \m/

Takeaway

The original Edge of Insanity was one of the most intense energy/focus pre workouts on the market, even including the ones with more intense (but off the market) stimulants. There's been a few tweaks, but you can rest assured this is one pre workout that's still going to deliver one hell of a boost in energy, motivation, and aggression in the gym.

Who's ready to talk a walk on the Edge of Insanity?

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