

3 PEAT! CBUM's Bold New Thavage Pre Workout Flavor at Raw Nutrition

written by Mike Roberto | February 16, 2022

You could say that things have been looking *up* for Chris Bumstead. The *three-time Classic Physique Mr. Olympia* not only became a Raw Nutrition *equity partner* alongside Matt Jansen and Dr. Domenic Iacovone earlier in 2021 (as announced in Episode #052 of the PricePLOW Podcast), he also took home his *third* championship trophy from Orlando back in October.



This propelled Raw Nutrition to win PricePLOW's 2021 *Breakout Brand of the Year* award, after launching two incredibly successful supplements in the new CBUM line:

- **CBUM Thavage Pre Workout**
- **CBUM Itholate**

Time to celebrate the 3 PEAT: Thavage Pre-Workout's Bold New Flavor

With *three* consecutive victories, it's time for a little celebration – and Raw Nutrition's doing it in a big way with a powerful new **3 PEAT Thavage Pre-Workout flavor**. Just like the formula itself, this is no simple flavor system, so get ready for a powerful pre-workout with a flavor system that's just as strong.

Our flavor tasting and details are below, but first check availability and sign up for our Raw Nutrition news alerts so you see what else Chris and team have up

their sleeves:

RAW Nutrition CBUM Thavage Pre-Workout – Deals and Price Drop Alerts

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Get CBUM Thavage Pre-Workout Price Alerts
Get RAW Nutrition alerts
Get Pre Workout Supplements price drops

Also get hot deal alerts

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What is this 3 PEAT flavor system?!



When 3 PEAT was announced and the blue label was leaked, there were many guesses – but to avoid confusion, we won't mention them because they were all *wrong*.

CBUM decided to smash the flavor button extra hard on this one, with a *bold* red gummy-inspired flavor. The closest thing we can say is that it's similar to *Swedish Fish*... only... stronger?! If you're into smack-you-in-the-face flavor systems, then you're going to love this one. It could possibly work in a literal gallon of water.

What is the Thavage Pre Workout?

For the most detailed information, see our in-depth article titled *Chris Bumstead's CBUM Thavage Pre Workout: A Pre Fit For Thavages*. You can see the label to the right, with the ingredients in a *two scoop serving* very briefly listed below:

- **L-Citrulline – 6000 mg**

SUPPLEMENT FACTS				
Serving Size: 1 Scoop (13.4g) Servings Per Container: 40				
	Amount per 1 Scoop (13.4g)	%DV	Amount per 2 Scoops (26.8g)	%DV
Calories	5		10	
Total Carbohydrate	1g	<1%*	2g	1%*
Vitamin C (as Ascorbic Acid)	125mg	139%	250mg	278%
Vitamin B6 (as Pyridoxal-5 Phosphate)	5mg	294%	10mg	588%
Vitamin B12 (as Cyanocobalamin)	50mcg	2083%	100mcg	4167%
Sodium (as Himalayan Pink Sea Salt)	100mg	4%	200mg	9%
Potassium (from Potassium Chloride and Nitrosigine®)	105mg	2%	210mg	5%
L-Citrulline	3000mg	**	6000mg	**
Beta Alanine	1800mg	**	3200mg	**
Betaine Anhydrous	1250mg	**	2500mg	**
L-Tyrosine	1000mg	**	2000mg	**
Taurine	1000mg	**	2000mg	**
Inositol-Stabilized Arginine Silicate (as Nitrosigine®)	750mg	**	1500mg	**
Agmatine Sulfate	500mg	**	1000mg	**
Coconut Fruit Water Powder	250mg	**	500mg	**
Alpha-GPC (Alpha-Glycerol Phosphoryl Choline 50%)	200mg	**	400mg	**
Caffeine Anhydrous	130mg	**	260mg	**
L-Theanine	75mg	**	150mg	**
Bitter Orange (Citrus aurantium) Fruit Extract (6% Synephrine)	50mg	**	100mg	**
Di-Caffeine Malate (delivering 22.5mg Caffeine)	32mg	**	64mg	**
AstraGin® (Astragalus membranaceus & Panax notoginseng) Root extracts	12.5mg	**	25mg	**
Huperzine A (H. serrate) (whole herb) Extract	50mcg	**	100mcg	**

* Percent Daily Values (DV) are based on a 2,000 calorie diet
** Daily Value (DV) not established

Other Ingredients: Citric Acid, Natural Flavors, Malic Acid, Calcium Silicate, Silicon Dioxide, Sucralose, Acesulfame Potassium, Fruit and Vegetable Powder (color).
Contains Tree Nut (Coconut)

A pre fit for a Thavage – You're two-scoopin it, right?

Main Purpose: Nitric oxide pumps.

- **Beta Alanine – 3200 mg**

Main Purpose: Endurance.

- **Betaine Anhydrous – 2500 mg**

Main Purpose: Ergogenic muscle builder and cell volumizer.

- **L-Tyrosine – 2000 mg**

Main Purpose: Focus.

- **Taurine – 2000 mg**

Main Purpose: Hydration-driven endurance.

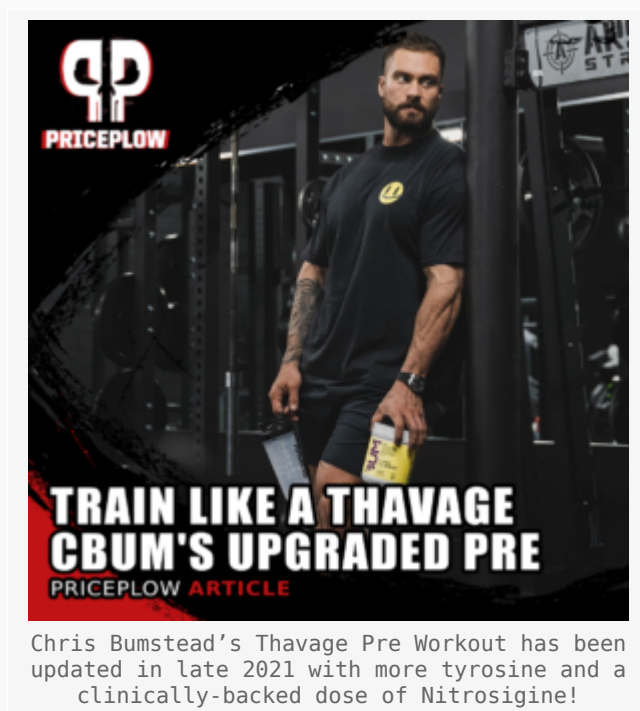
- **Nitrosigine (Inositol-Stabilized Arginine Silicate) – 1500 mg**

Main Purpose: Enhanced nitric oxide pumps.

- **Agmatine Sulfate – 1000 mg**

Main Purpose: Improved pumps.

- **Coconut Fruit Water Powder – 500 mg**



Main Purpose: Hydration.

- **Alpha-GPC (Alpha-Glycerol Phosphoryl Choline 50%) – 400 mg**

Main Purpose: Focus.

- **Caffeine Anhydrous – 260 mg (of 305 milligrams total)**

Main Purpose: Energy.

- **L-Theanine – 150 mg**

Main Purpose: Calming focus.

- **Bitter Orange (Citrus aurantium) Fruit Extract (6% Synephrine) – 100 mg**

Main Purpose: Energy and fat oxidation.

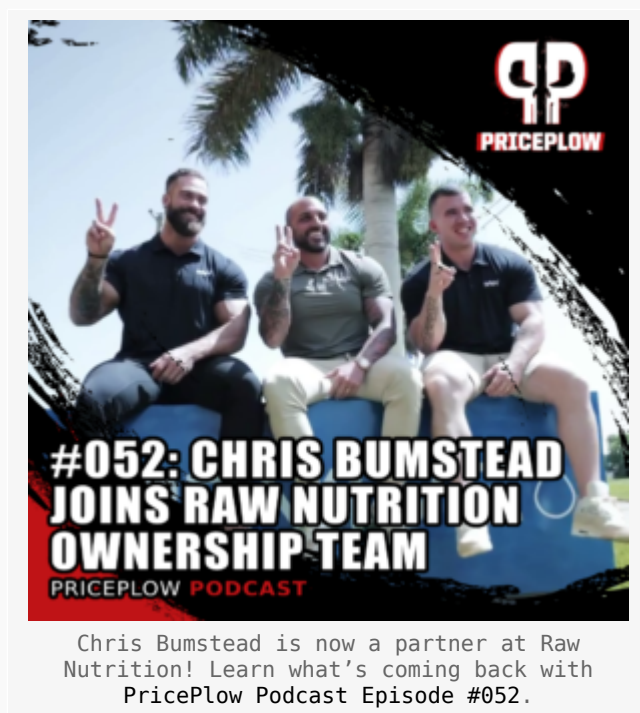
- **Di-Caffeine Malate – 64 mg (delivering 45 mg caffeine out of 305 milligrams total)**

Main Purpose: Longer-lasting energy.

- **AstraGin – 25 mg**

Main Purpose: Ingredient absorption amplification.

- **Huperzine A (H. serrata) (whole herb) Extract – 100 mcg**



Main Purpose: Longer-lasting focus.

Again, you can read the full analysis in our main **CBUM Thavage Pre Workout** article. To learn more about Chris and his backstory, see our interview, *Chris Bumstead: "The Comeback Kid"*.

All flavors available

The list below will stay up-to-date with all Thavage Pre flavors through the future:

A flavor fit for 3 PEAT Mr. Olympia

There's not much more to say about this one: *Powerful flavor, powerful formula, powerful athlete, powerful brand, powerful team.* Chris Bumstead needed no help making a name for himself, but the Thavage Pre-Workout is definitely a pre-workout fit for Mr. Olympia – what more do you need?

We'll close with some motivation from the label, which Chris has *clearly* lived by:

*Don't be a bum. Train hard. Sleep harder. Don't be a pu**y. Take two scoops. Add another plate. Love your mom. No regrets. Stay hungry. Drink your water. Fall in love. Saturdays are for the boys. Dream big. Never quit. Be honest. Take responsibility. Take risks. Dare to lead. Own your sh*t. Get Huge. Get Shredded. Lift more. Run further. Jump higher. Remember to live, laugh, and all that bullsh*t.*

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Be a Thavage.

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