4 PEAT! CBUM's Thavage Pre-Workout Racks Up Another Victory

written by Mike Roberto | March 9, 2023

You knew it was only a matter of time before we saw this one! After Chris Bumstead won his *fourth* consecutive Classic Physique Mr. Olympia title, it was time to retire last year's *4 PEAT* flavor of his Thavage Pre-Workout Supplement. But the incredible flavor system isn't gone — it's simply been updated to **4 PEAT**!



Time to celebrate the 4 PEAT: Thavage Pre-Workout's Bold Flavor

Raw Nutrition is taking 2023 as an opportunity to shift gears a little bit so that they can retain the momentum that has *propelled* them to, in our view, one of the *top* brands in the industry. They've released an overhaul of their entire look, opting for a pared-down, *sleeker* brand image. We expect a lot of new things to come out of the RAW camp this year.

The 4 PEAT flavor isn't exactly one of those things, though. In fact, it's pretty much the same exact flavor as 3 PEAT. Just with an updated number on the label, to celebrate CBum's latest addition to the trophy case.

Our flavor tasting and details are below, but first check availability and sign up for our Raw Nutrition news alerts so you can see what's next for the firebrand:

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What is this 4 PEAT flavor system?!

When we wrote about this flavor system last year, we noted how powerful it was — it doesn't possess an ounce of subtlety. 3 PEAT was inspired by Swedish Fish, albeit with the flavor crystals cranked up to 11.



It may not be the right choice for those of us with blander pallets, but for those who can handle it, it's like an explosion. This is fitting really, as it is a *celebratory* flavor, after all.

What is the Thavage Pre Workout?

For the full rundown, 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:

Calories	Amount Per 1Scoop (13.2g) %DV		Amount Per 2 Scaops (26.4g) NJW	
	5		10	
Total Carbohydrate	10	<1%*	20	1%
Vitamin C (from Ascorbic Acid)	125mg	139%	250mg	2789
Vitamin B6 (from Pyridoxal-5 Phosphate)	5mg	294%	10mg	5889
Vitamin B12 (from Cyanocobalamin)	50mcg	2083%	100mcg	41679
Sodium (from Himalayan Pink Sea Salt)	100mg	4%	200mg	.99
Potassium (from Potassium Chloride and Nitrosigine®)	105mg	2%	210mg	49
L-Citruline	30		60	_
Beta Alanine	1.6g	**	3.20	
Betaine Anhydrous	1.250	**	2.5g	
L-Tyrosine	10	**	20	
Taurine	10	**	20	
Inositol-Stabilized Arginine Silicate (from Nitrosigine®)	750mg		1.5g	
Apmatine Sulfate	500mg	**	10	
Coconut Fruit Water Powder	250mg	**	500mg	
Alpha-Glyceryl 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. serrata) (whole herb) Extract	50mcg	**	100mcg	

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

- L-Citrulline 6000 mg 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.
- Arginine Nitrate (NO3-T) 2000 mg Main Purpose: Nitrate-based nitric oxide pumps.
- Agmatine Sulfate 1000 mg Main Purpose: Improved pumps.
- Coconut Fruit Water Powder 500 mg Main Purpose: Hydration.
- Alpha-GPC (Alpha-Glyceryl 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.

Note: This may be the last new variation with this ingredient, so stock up if you like it!

- 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.

You can read the full details in our article titled CBUM Thavage Pre-Workout Peach Bum to Shut Summer Down.

All flavors available

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



A flavor fit for 4 PEAT Mr. Olympia

All in all, 4 PEAT is a repeat of 3 PEAT. It's the same potent flavor system

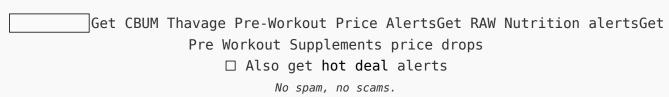
that will knock you on your glutes. But, really, isn't that what we want from a pre-workout that demands as much intensity as Thavage?

Thavage is not a light pre-workout. It's not meant for a nice little pump. Thavage is the kind of pre-workout that you take when you want the world to disappear behind a curtain of sweat and iron. The only thing on your mind is the bar. This kind of zen *focus* requires a special kind of kick to achieve, and 4 PEAT Thavage does the job.

Next up, let's talk about Raw Nutrition's rebrand in their *non-*CBum products... and get ready, because Thavage is going to have a few tweaks. Sign up for our *Raw Nutrition news* alerts below so you don't miss out:

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