

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:

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

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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:

SUPPLEMENT FACTS				
Serving Size 1 Scoop (13.2g) Servings Per Container 40				
	Amount Per 1 Scoop (13.2g)		Amount Per 2 Scoops (26.4g)	
		% DV		% DV
Calories	5		10	
Total Carbohydrate	1g	<1%*	2g	1%*
Vitamin C (from Ascorbic Acid)	125mg	139%	250mg	278%
Vitamin B6 (from Pyridoxal-5 Phosphate)	5mg	294%	10mg	588%
Vitamin B12 (from Cyanocobalamin)	50mcg	2083%	100mcg	4167%
Sodium (from Himalayan Pink Sea Salt)	100mg	4%	200mg	9%
Potassium (from Potassium Chloride and Nitrosigine®)	105mg	2%	210mg	4%
L-Citrulline	3g	**	6g	**
Beta Alanine	1.6g	**	3.2g	**
Betaine Anhydrous	1.25g	**	2.5g	**
L-Tyrosine	1g	**	2g	**
Taurine	1g	**	2g	**
Inositol-Stabilized Arginine Silicate (from Nitrosigine®)	750mg	**	1.5g	**
Agmatine Sulfate	500mg	**	1g	**
Coconut Fruit Water Powder	250mg	**	500mg	**
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. serrata) (whole herb) Extract	50mcg	**	100mcg	**

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

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 (N03-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-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.*
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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