

Christopher's Secret Stuff: Raw Nutrition's CBum Thavage Limited Edition Pre

written by Mike Roberto | November 2, 2022

It's without a doubt been the *year of the Thavage*, with Chris Bumstead's partnership at Raw Nutrition taking full stride in 2022.



Not only do we have the powerful *CBum Thavage Pre-Workout* supplement, we also have the *Thavage RTD*, which is the most loaded pre-workout drink bottle we've ever seen. For the powdered pre-workout, they've had a couple new flavors recently like *Green Crush* and *Peach Bum*.

But how do you get even *more* Thavage? With this:

Christopher's Secret Stuff! Limited-Edition Thavage Pre-Workout Flavor

Taking a play out of the movie *Space Jam*, in a scene where Bugs Bunny "fortifies" his struggling Tune Squad team with a concoction that gives them incredible size and energy, Chris is now doing the same for his fans looking to finish the year strong.

It's the same formula as the standard Thavage pre-workout, only with a flavor that's... rather hard to describe. We get into it below, with a brief overview of the Thavage formula – but first, let's check availability and get you signed up for our Raw Nutrition news alerts:

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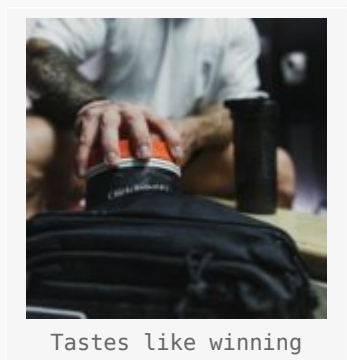
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What does Christopher's Secret Stuff taste like?



This is tough to put a finger on, but the best description we have for it is something like *marshmallow citrus*. We're not kidding – taste the powder and the first thing that comes to mind is a hit of vanilla-scented marshmallow!

After that, and especially in the drink, a light citrus flavor comes through, but it's really the marshmallow flavor that dominates this one.

Noteworthy: In Raw Nutrition's website, the flavor is named "*Tastes Like Winning*". Makes sense – this is the champ's go-to fuel in preparation of his fourth title come this December. Perhaps we'll have a follow-up to the 3 *PEAT* flavor after that...

A brief recap of the Thavage Ingredients

Here's a refresher of the label, but the full details are in our full write-up titled *Chris Bumstead's CBUM Thavage Pre Workout: A Pre Fit For Thavages*. Below is what you get in a full *two-scoop* serving:



- **Alpha-GPC (Alpha-Glyceryl Phosphoryl Choline 50%) – 400mg**
Main Purpose: Choline source for focus.
- **Caffeine Anhydrous – 260mg (of 305 milligrams total)**
Main Purpose: Energy.
- **L-Theanine – 150mg**
Main Purpose: Calmed focus.
- **Bitter Orange (Citrus aurantium) Fruit Extract (6% Synephrine) – 100mg**
Main Purpose: Energy and improved fat oxidation.
- **Di-Caffeine Malate – 64mg (delivering 45mg caffeine out of 305 milligrams total)**
Main Purpose: Sustained energy.
- **AstraGin – 25mg**
Main Purpose: Absorption amplification and gut health.
- **Huperzine A (H. serrata) (whole herb) Extract – 100 mcg**
Main Purpose: Longer-lasting focus synergistic with the choline.

For the full story, see our main **CBUM Thavage Pre-Workout** article for the

details.

All Thavage flavors currently available



Beyond those, Raw Nutrition also has *Itholate* whey protein isolate powder – now in incredible *Mint Chip Ice Cream* flavor. Stack that in for your post-workout protein! And don't forget about the *Raw Nutrition Whole Food Protein Bar*, the year's hottest new protein bar.

Finish the year strong the Thavage way



With a couple tubs of this, you can finish 2022 in true Thavage style, with one of the most loaded and complete pre-workout supplements that brings energy,

focus, and pumps *without* too much caffeine for most.

Raw Nutrition has had a great year indeed. One final thing we haven't mentioned is the industry collaboration when Raw Nutrition partnered with GHOST for a CBUM Legend Thavage release for a party in Miami. GHOST is of course no stranger to the "Secret Stuff", having had had their own *Space Jam* collab this year. Over *five* years ago, they sent out their *own* tub of Secret Stuff, which turned out to be a teaser for their *Size* supplement.

But this year, we get the Secret Stuff in *Thavage* form, with Chris Bumstead showing everyone how to build a pre-workout supplement *From the Ground Up*.

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