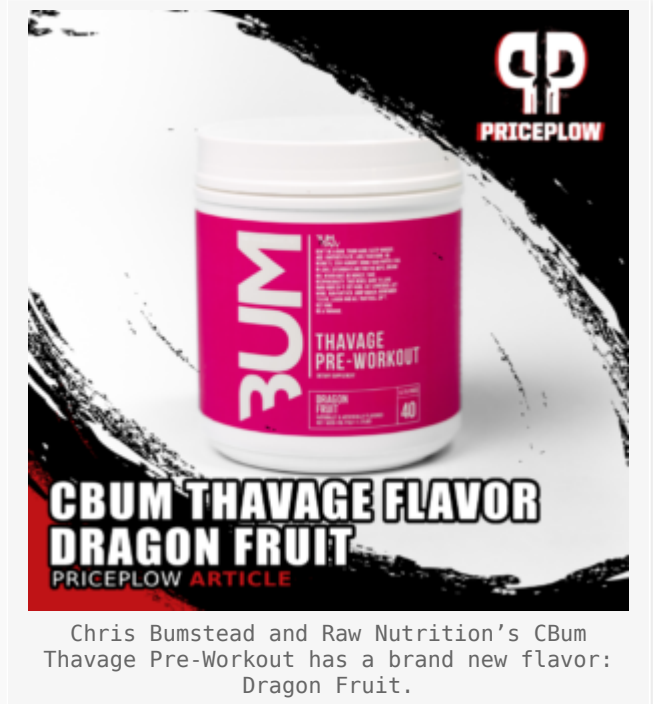


# CBum Thavage Unleashes the Dragon with Dragon Fruit Pre-Workout Flavor

written by PricePLOW Staff | December 1, 2022

The supplement industry is highly competitive – there are thousands of players trying to fight over the same ground, and it can get pretty cutthroat.



One company that makes it look downright easy is *Raw Nutrition*. They keep releasing products like their *RAW Whole Food Bar*, which we found to be one of the best protein bars on the market. We can hardly keep up.

One of their *coolest* moves has been their partnership with Mr. Olympia winner *Chris Bumstead*, which we discussed with their team on *PricePLOW Podcast #052* (which you should check out). Through this partnership, they've added a *CBum* line and have so far released three products: *CBum Itholate* whey protein isolate powder, *CBum Thavage Pre-Workout*, and the *CBum Thavage Pre-Workout RTD*.

Even more, these two lines have led to some truly incredible flavors. Well, the time has come for another. As of Black Friday, 2022, Thavage Pre now comes in *Dragon Fruit*.

## Another day, another flavor: *Dragon Fruit*

Last month, we covered the release of *Christopher's Secret Stuff*, a mysterious limited-release Thavage flavor, and we had a tough time figuring out what it tastes like. The best we could come up with was: marshmallow citrus. Which is... strange, but we couldn't help but keep drinking it to figure it out.



Their latest flavor, on the other hand, is no mystery. It's the most Arthurian of all fruits. It's **dragon fruit**. This seems fitting to us. After all, what mythical creature do you find yourself most wanting to emulate as you get hyped for a workout?

We'll get into a summary of the ingredients in CBum Thavage, but first, let's check PricePlow for any CBum deals!

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## Thavage Ingredient Recap

Our main article, titled *Chris Bumstead's CBUM Thavage Pre-Workout: A Pre Fit For Thavages* has all of the scientific details, but below is a brief synopsis:

# 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 (as Potassium Chloride)	75mg	2%	150mg	3%
L-Citrulline	3000mg	**	6000mg	**
Beta Alanine	1600mg	**	3200mg	**
Betaine Anhydrous	1250mg	**	2500mg	**
L-Tyrosine	1000mg	**	2000mg	**
Taurine	1000mg	**	2000mg	**
Nitrosigine® (Inositol-Stabilized Arginine Silicate)	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	**
DL-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: Citric Acid, Natural and Artificial Flavors, Malic Acid, Calcium Silicate, Silicon Dioxide, Sucralose, Acesulfame, Potassium, Beet Root Powder (color), Contains Tree Nut (Coconut)

- **L-citrulline (6000mg)** is a potent nitric oxide booster that has become a staple in stim and stim-free pre-workout formulas alike. 6 grams is quite impressive, with most clinical studies administering a dosage of 3 grams.
- **Beta-alanine (3200mg)**, the ever-familiar source of that classic “tingly” feeling, helps you make carnosine, which can increase athletic endurance by controlling lactic acid levels in the muscles.
- **Betaine anhydrous (2500mg)** is a methyl donor that can reduce blood homocysteine levels and even aid in hydrating cells, making them more resilient. Multiple studies have established betaine as efficacious in putting on muscle and losing fat while also promoting endurance and hydration.
- **L-tyrosine (2000mg)** is an amino acid that acts as a precursor for neurotransmitters like dopamine and adrenaline. It can help boost energy levels and mental focus, as well as offset the effects of acute sleep deprivation.
- **Taurine (2000mg)** works well together with betaine and can boost endurance and facilitate muscle contractions. In addition, it helps to improve nitric oxide production and supports overall mitochondrial health.
- **Nitrosigine (1500mg)**, also known as *inositol-stabilized arginine silicate*, is a patented compound from Nutrition21 designed to increase the bioavailability of arginine, leading to a fast-acting and long-lasting boost in nitric oxide production.



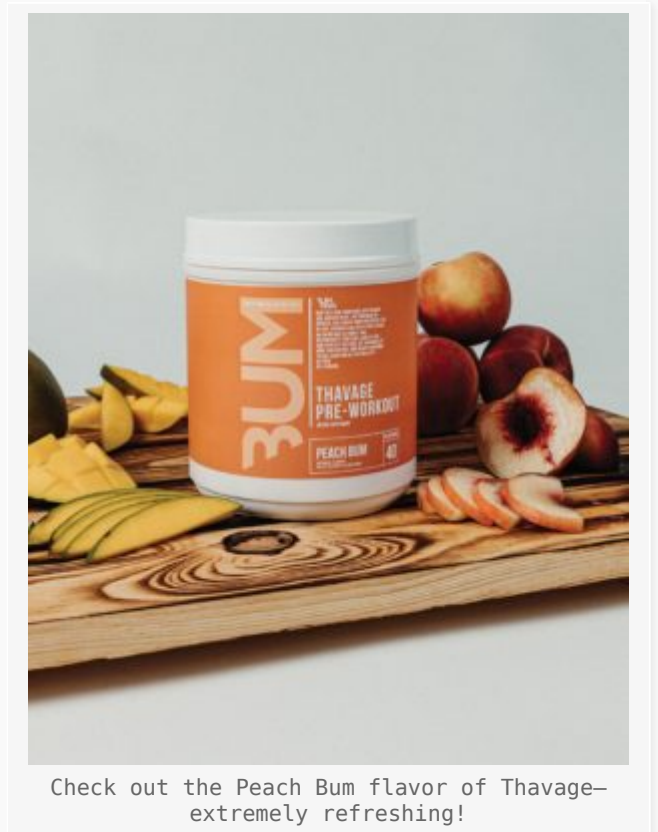
- **Agmatine sulfate (1000mg)** boosts nitric oxide as well, but it also helps to prevent the degradation of nitric oxide, making it last longer.
- **Coconut fruit water powder (500mg)** is a hydration agent, aiding in the body's ability to retain stored water by raising electrolyte levels.
- **Alpha-GPC (400mg)** is a source of choline, the precursor to acetylcholine, which is a neurotransmitter that plays a crucial role in regulating a plethora of cognitive functions – everything from memory to balance and coordination.
- **Caffeine (305mg total)** Thavage's caffeine content is leaning on the hefty side, clocking in at 305mg – composed of 260mg of **caffeine anhydrous** and 64mg of **di-caffeine malate** which yields 45mg. It's not weak, but it's not insane, either, and the dicaffeine malate offers a longer half-life and smoother energy.
- **L-theanine (150mg)** is well-known for its synergistic relationship with caffeine. Combined, the duo has shown prowess in improving cognition and reducing anxiety.
- **Bitter orange fruit extract (100mg)** is standardized for *synephrine*, which helps the body burn fat and boost metabolism and energy expenditure.
- **AstraGin (25mg)** increases overall ingredient absorption by increasing ATP

availability for intestinal cells. Essentially, it helps make every other ingredient more usable and effective – especially the amino acids like *L-citrulline*.

- **Huperzine A Extract (100mcg)** inhibits *acetylcholinesterase*, an enzyme that breaks down acetylcholine. In combination with Alpha-GPC, Huperzine-A can help keep acetylcholine levels high, leading to various mental benefits.
- **Vitamins & Minerals:** CBum Thavage also contains **Vitamins C, B6, and B12**. Vitamin C has been shown to increase nitric oxide production, whereas vitamins B6 and B12 are beneficial for general energy levels.

Again, you can read more, with plenty of scientific references, in our main **Raw Nutrition CBum Thavage Pre-Workout** article.

## All CBum Thavage flavors



Raw Nutrition and Chris Bumstead are building a nice flavor stack for CBum Thavage. You can check them out below:

## Conclusion: Keep em' coming

It seems like everything Chris Bumstead touches turns to gold, and his collaboration with Raw Nutrition is no exception. Not content to rest easy as Mr. Olympia, Chris keeps coming back with *fantastic* flavors.

CBum is a potent pre-workout formula. It goes heavy on nearly every ingredient, and it works. It has *double* the dosage of l-citrulline compared to the dosage used in clinical trials. Its caffeine content isn't insane, but it's still up there. How could we expect anything less than "heavy" from Mr. Olympia?

Just as important, in our book, is the continuous quality of flavors. They taste clean and refreshing – exactly what you want in a pre-workout supplement. Dragon fruit, in particular, offers a *springy*, light flavor profile that will have you ready to sweat in no time.

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