

# Vaughn Walker's Raw Nutrition RAW Pre Sour Flavor Will Return!

written by Mike Roberto | August 4, 2022

It's been way too long since we've talked about **Raw Nutrition RAW PRE** – a *low-stimulant* pre-workout supplement for those who don't want as much caffeine as *Raw Nutrition's Cbum Thavage Pre* or *Raw Pre Extreme*.

Well, Revive MD / Raw Nutrition sponsored athlete *Vaughn Walker* is giving us a great reason to talk about it again – an exclusive, limited-edition **SOUR** flavor of **RAW PRE** – and word is that it'll be back!



## Vaughn Walker Goes *Sour* with RAW PRE

Raw PRE, which sports just **100 milligrams of caffeine per two-scoop serving**, was actually Raw Nutrition's *first* pre-workout supplement. This showed that the brand's founders – Matt Jansen and Dr. Domenic Iacovone – were more interested in *performance* than just getting athletes stimed up.

Of course, the higher-charged pre-workouts eventually came, especially with the addition of Chris Bumstead to the team, but it was really Raw PRE that was one of the first six supplements launched by the brand. But sometimes, you just need a little charge-up, but want a fully-powered pump. Great for weaning off stimulants, mixing with a moderately-stimmed fat burner, or workouts that are later in the afternoon.

## Coming back to the Vitamin Shoppe

In this article, we recap the RAW Pre formula, drop our flavor analysis to see

just *how* sour it is, and get you signed up for our Raw Nutrition news alerts – because word is, it’s going to be available at *The Vitamin Shoppe*, and we want you ready to go:

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## RAW PRE Ingredient Recap

For a full analysis, you can read our article titled *RAW Nutrition RAW PRE: Low-Stim Pre-Workout (100mg Caffeine)*, and that title says it all – low-stim is the name of the game here! But caffeine isn’t the *only* stimulant, as we also have some added *synephrine* from citrus aurantium.

Each two-scoop, 19 gram serving of RAW Pre has the following:

- **L-Citrulline Malate – 7g**

<b>SUPPLEMENT FACTS</b>		
Serving size: 1 scoop (9.5 grams)		
Servings per container: 40		
Amount Per Serving	% DV*	
	1 SCOOP	2 SCOOPS
L-Citrulline Malate	3.5g**	7g **
GlycerSize™ (65% Glycerol Powder)	1.5g	3g **
L-Tyrosine	1g**	2g **
Agmatine Sulfate	750mg**	1.5g **
Nitrosigine® (Inositol-Stablized Arginine Silicate)	750mg**	1.5g **
Alpha GPC 50% (L-Alpha-glycerolphosphorylcholine)	300mg**	600mg **
Caffeine Anhydrous	50mg**	100mg **
Citrus Aurantium (standardized to synephrine at 30%)	34mg**	68mg **
Huperzine 1% (Huperzia serrata Leaf Extract)	10mcg**	20mcg **

\*Daily Values based of a 2,000 calorie diet  
\*\*Daily Value (DV) not established

The first of *three* nitric oxide enhancers, **citrulline malate** contains *L-citrulline*, which leads to nitric oxide (NO) by way of L-arginine, having shown itself to be better at the job than supplementing arginine itself!

- **GlycerSize (65% Glycerol Powder) – 3g**

A trademarked form of **glycerol** that provides hydrating cellular volumization to increase both pumps and endurance. Make sure you drink enough water!

- **L-Tyrosine – 2g**

**L-Tyrosine** is a focus-boosting amino acid that increases the body's ability to produce feel-good catecholamine neurotransmitters, and is great for thyroid hormone production as well.

- **Agmatine Sulfate – 1.5g**

The second of our three NO boosters, **agmatine** acts as an *arginase inhibitor*, which means that it helps prevent the *breakdown* of arginine, keeping more arginine and more nitric oxide around.

- **Nitrosigine (Inositol-Stabilized Arginine Silicate) – 1.5g**

A patented nitric oxide booster that rounds out the NO trifecta, **Nitrosigine** is a form of arginine silicate from Nutrition21 that lasts longer and stronger than standard L-arginine. There's additional research backing it up as a nootropic ingredient thanks to improved blood flow to the brain.

- **Alpha-GPC 50% (L-Alpha Glycerylphosphorylcholine) – 600mg**



Need a low-caffeine pre-workout that still has punch?!

A clinically-studied dose of **Alpha-GPC** that serves as a high-bioavailability *choline* source. Not only is choline important for membranes, it helps the brain generate *acetylcholine*, which we dub “the learning neurotransmitter”. This can help increase focus, motor control, and the “mind-muscle connection”.

- **Caffeine Anhydrous – 100mg**

Everyone knows the adenosine-inhibiting molecule that wakes you up! What’s unique in RAW Pre is that there’s just **50 milligrams of caffeine in each scoop** – perfect for low-stim folks, evening workouts, or those who are already on a fat burner.

- **Citrus Aurantium (standardized to Synephrine at 30%) – 68mg**

**Synephrine** is a stimulant that increases energy expenditure by binding to beta-3 adrenergic receptors. It’s useful in weight loss situations, and helps amp up the workout more. Like caffeine, this is a relatively mild dose.

- **Huperzine A 1% (Huperzia Serrata Leaf Extract) – 20mcg**

**Huperzine A** has a unique ability to prevent the breakdown of acetylcholine – it inhibits *acetylcholinesterase*. This is synergistic with alpha-GPC, which is *supporting* the production of acetylcholine – and Huperzine A helps keep it around.

Again, you can see the bigger details in our main **RAW Pre** blog post.

## RAW Pre Flavors Available:



Here's an up-to-date list of all RAW PRE flavors:

## RAW Pre: For Those Who Don't Need a Stim-Bomb

When Raw Nutrition first launched, we were impressed that their first pre-workout was a *low-stim* one in RAW Pre. This is an *athlete's* brand, and ergogenic performance comes first.

Of course, we eventually saw two higher-stimulant pre-workouts in Raw Pre Extreme and CBum's Thavage, but the original will always be this 100-milligram-caffeine two-scooper.

Perhaps it's time to remember co-founder Matt Jansen's original quote we published on our original RAW Pre article:

*"We really wanted to make a brand that focused on the individual raw ingredients and not cut corners when it came to the amounts of the most beneficial ingredients from a performance perspective. Our slogan is 'From the Ground Up', which simply means taking the most researched ingredients at the doses that are shown to induce the most amount of*

*positive benefit for that ingredient within its individual category and turning them into the best overall products.”*

*– Matt Jansen, Co-Founder RAW Nutrition*

Well put! You can sign up for Raw Nutrition news alerts to get notified when new products, flavors, news, and sales are available – especially this sour flavor, which we know is coming back after this has been published!

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