

# Raw PRE Rocket Pop: Nostalgic and Sensibly Stimulating

written by PricePLOW Staff | December 10, 2022

roSince Raw Nutrition's awesome partnership with Chris Bumstead, we haven't had many chances to write about Raw's pre-Chris products. While Chris has brought a level of pure mass and energy to Raw's newer lines, we also love to appreciate their older hits, like the much tamer, smoother pre-workout: **Raw Nutrition RAW PRE**.



RAW Pre is a *low-stimulant* pre-workout formula, and it is a welcome counterbalance to RAW's other, more intense pre-workouts: *Raw Pre Extreme* and *CBum Thavage Pre-Workout*.

Luckily, we get to write about RAW Pre again today because it has just been released in a new, oh-so-patriotic *Rocket Pop* flavor.

## Rocket Pop RAW PRE – Every Day is Independence Day

Most pre-workouts are hitting the market these days, including the other ones Raw has been putting out, so juiced up with stimulants that one may say they are traditional pre-workouts on *juice*. And don't get us wrong, many people love them. We love them. There's no better way to lift some people to *Valhalla* than slamming down some 400 milligram caffeine pre-workout like the gym-bro version of Tony Montana.

But that's not what RAW Pre is, and we think that's a good thing. There are times when we *don't* want to be bouncing off walls or throw a wrench in our circadian rhythms. Sometimes, we just want a little boost for that after-work

gym session before we go home and go to bed.

## Just 100 milligrams of caffeine in two scoops!



RAW Pre was one of the first six supplements launched by Raw Nutrition, and it takes a very conservative approach to stimulants, boasting only *100 milligrams* of caffeine. As far as the other main purpose of pre-workouts goes – *pumps* – RAW Pre has that nailed down.

So if you want an excellent pump with only a bit more stimulation than stim-free pre-workouts? RAW Pre is perfect for you.

We're going to dive into a little summary on how RAW PRE works, but first, let's check the PricePLOW for good Raw deals, and check out our *video review* of the new flavor:

## RAW Nutrition RAW Pre – Deals and Price Drop Alerts

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## The New Flavor: Rocket Pop

*Rocket Pops* – that classic frozen treat. It calls to mind warm summer days, skating down to the park with your friends, and sweating all day before cooling off with a red, white and blue popsicle. It is, of course, Americana. And while winter may be here, there's no reason we can't channel the esoteric, mythic

energy of the rocket pop to fuel us for our workouts.

The flavor is typically described as a combination of *cherry*, *lemon-lime*, and *blue raspberry* – a pretty darn good combo for a pre-workout. You have some sweetness, some tartness, and a lot of nostalgia. What could be better?

## RAW PRE – How It Works

For a more in-depth view on the ingredients, check out our main *Raw PRE* article. Here's a summary of what you get in a full *two-scoop* serving (leaving 20 servings per tub):

<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

- **L-citrulline malate (7g)** is a nutritional supplement that improves blood flow and circulation. It helps the body to better use oxygen and nutrients, which leads to improved exercise performance. It also helps to reduce fatigue and muscle soreness after exercise.
- **GlycerSize (3g)**, a trademarked form of glycerol powder, is a natural supplement that helps hydrate the cells of the body, leading to increased pumps and athletic endurance.
- **L-tyrosine (2g)** is an amino acid that the body uses to produce the neurotransmitters dopamine, norepinephrine, and epinephrine. Supplementing with L-tyrosine has been shown to increase cognitive performance, alertness, and focus. It has also been shown to improve mood and reduce stress.
- **Agmatine sulfate (1.5g)** is an arginase inhibitor, meaning it helps to prevent the breakdown of *arginine*, leading to more nitric oxide in the body – and synergizing with citrulline malate as well as the next ingredient:
- **Nitrosigine (1.5g)** is a nutritional supplement that acts as a vasodilator. It relaxes blood vessels and increases blood flow. Nitrosigine also increases levels of nitric oxide, which has numerous benefits for the body, including increased cognitive function, improved circulation, and reduced inflammation. There are numerous human clinical studies at the 1.5 gram dose you'll get here

in two scoops of Raw PRE.

**Alpha-GPC (600mg)** is a *choline*-containing ingredient that is metabolized in the body to release free choline. Choline is essential for many bodily functions, including memory, muscle function, and metabolism. Alpha-GPC has been shown to improve memory, increase muscle mass, and decrease body fat.



- **Caffeine anhydrous (100mg)** is, of course, a stimulant. It increases alertness and reduces fatigue. It also has other benefits, such as increasing stamina and improving focus. In RAW Pre, we've got a pretty low dose of caffeine, coming in at just 50mg in each scoop.
- **Citrus aurantium (standardized to 30% *synephrine*) (68mg)** contains synephrine, which is structurally similar to ephedrine and acts as a stimulant. Citrus aurantium is thought to increase *thermogenesis*, which produces heat in the body. Citrus aurantium is also believed to increase metabolism and have appetite-suppressing effects.
- **Huperzine 1% (20mcg)** is a nootropic supplement that acts as an *acetylcholinesterase* inhibitor. This means it increases levels of the neurotransmitter *acetylcholine* in the brain, which can improve memory, learning, and focus. As such, we have an *awesome* synergy here between huperzine A and alpha-gpc.

Again, check out our more in-depth review of the ingredients in our article titled *RAW Nutrition RAW PRE: Low-Stim Pre-Workout (100mg Caffeine)* post.

## ALL RAW PRE flavors

RAW Pre has a number of other flavors. Check them out:



## Good Flavors: Key To Adherence

400mg+ caffeine pre-workouts are all the rage. The industry is stim-maxxing, you might say. But in a world of supplemental extremism, Raw Nutrition continues to remind us with one of its flagship products that we don't need to be extreme all the time.

There are times when we just want a little boost and a great pump. That's when RAW Pre really shines. And it shines even brighter when you marry it to an awesome, iconic, and refreshing flavor like Rocket Pop.

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