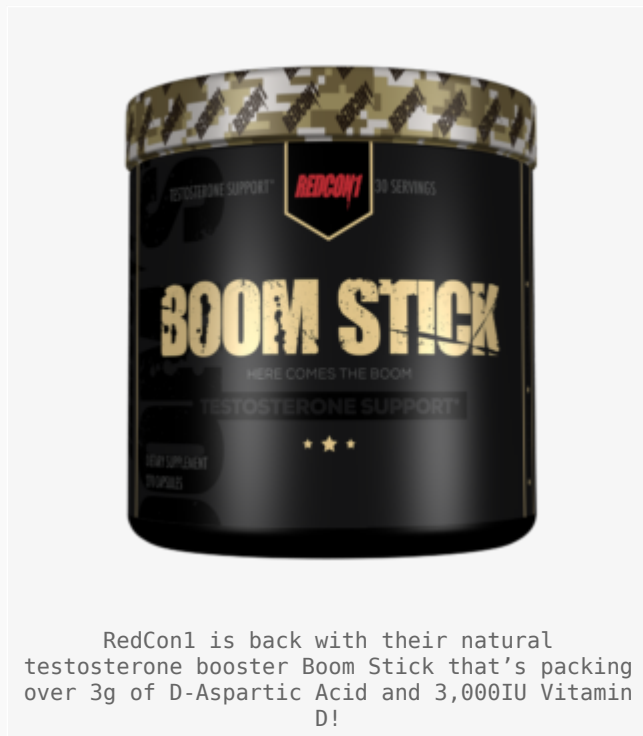


RedCon1 BOOM STICK Brings Some Serious Wood!

written by Mike Roberto | October 2, 2017



Not a month goes by that we don't see a new supplement (or two) from **RedCon1**. The brand has been on a mission to deliver top-notch products since day one and they've continually brought innovative and effective supplements to the market, case in point with the most recent release of *Med+Pak*.

The brand is back again with another new supplement, and this one's aimed to help you bring it in both the gym *and* in the bedroom! **Boom Stick** is an all-natural testosterone booster bringing some serious *wood* to your day!

Also, as a quick FYI, that's not *all* RedCon1's done this month, as they also just released a Pink Lemonade flavor of their hit pre workout, *Total War*.

But back to the Boom Stick, we've got all the details ahead, but first, take a moment to check the best deal and sign up for alerts from PricePLOW:

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Listen to Aaron Singerman talk about Boom Stick at the 2017 Olympia:

Mike sat down with Aaron Singerman at the 2017 Olympia, and when he asked about Med+Pak, Aaron actually starts talking about *Boom Stick* instead!! That's how excited everyone is for this massively-dosed product:

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So if you watch the video above, you'll see why this is a *capsule* based product – these ingredients are crazy and *cannot* be masked with flavor! But if you want legitimate doses, you'll need a *lot* of them.

Is it worth the pain of all those capsules? We believe so. Let's dig in:

RedCon1 Boom Stick Ingredients

As we've come to expect from RedCon1, Boom Stick is another well-dosed product that contains some pretty beefy doses of ingredients that are quite familiar to the product of natural testosterone boosters. Get ready to bring the BOOM!

*Note: Ingredients listed below are based on one serving (i.e. *nine* capsules).*

- **Vitamin D3 (3,300IU)**

BOOM STICK

Supplement Facts

Serving Size: 9 capsules
Servings Per Container: 30

Amount Per Serving	%DV
Vitamin D3 (as Cholecalciferol)	3300iu 825%†
Magnesium (as Magnesium Aspartate)	100mg 25%†
Zinc (as Zinc Aspartate)	30mg 200%†
D-Aspartic Acid	3120mg --
Ashwagandha Root Extract 2.5% withanolides (root)	1000mg --
Tribulus Terrestris 90% Steroidal Saponins (fruit)	750mg --
Fenugreek Extract 50% Fenosides (seed)	600mg --
Diindolylmethane (DIM)	250mg --
Nettle Extract 1% silica (root)	175mg --
DHEA (dehydroepiandrosterone)	160mg --

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

Other Ingredients: Gelatin, Dicalcium phosphate, Magnesium stearate, silica.

Boom Stick packs some pretty whopping doses of pro-testosterone producing compounds like Vitamin D, DAA, and Ashwagandha.

In the modern era of tablets, smartphones, laptops, and gaming consoles, humans are spending increasing amounts of time huddled indoors, shunning the sun and with that missing out on the ability to naturally get some good ole' Vitamin D, a.k.a. the sunshine vitamin.

While this might not seem that bad on the surface, vitamin D deficiency doesn't bode well for testosterone production. On top of that, lacking in this essential vitamin also means you're at risk for increased estrogen levels, lower fertility, and a greater risk of CVD.[1]

Even if you're a vampire, Boom Stick is here to help bringing a hefty 3,300IU dose of Vitamin D. Supplementing with Vitamin D levels has been shown to boost testosterone production up to 20%, and it also supports aromatase inhibition, making for more free testosterone.[2,3]

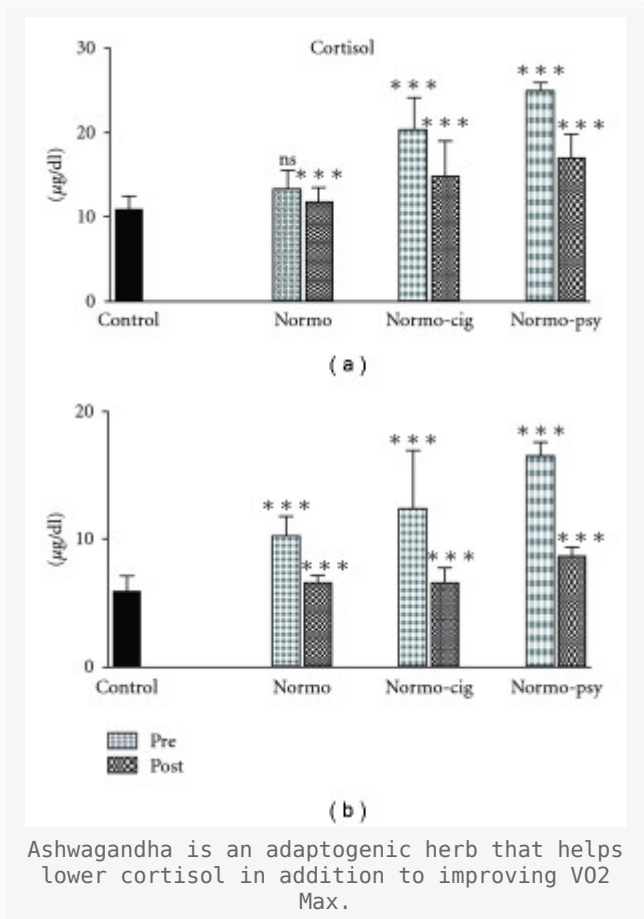
This is actually a perfect dose. We normally like about 5,000IU supplemental vitamin D, but your multivitamin often provides some. Between the two of these, you should be all set!

- **D-Aspartic Acid (3.12g)**

D-Aspartic Acid (DAA) is a non-essential amino acid that plays a crucial role in the production of male sex hormones, and various other functions of the endocrine system. DAA triggers the release luteinizing hormone (LH), follicle-stimulating hormone (FSH), and growth hormone (GH), important hormones for optimal testosterone production.

Research shows that when subjects ingest 3g per day of DAA (the same dose here) for 12 days, they experienced a 42% boost in testosterone production![4] After that, testosterone starts to trend back towards baseline, but you will definitely get a fantastic month from this stuff *alone*. Now it's on to the other ingredients that will provide a longer-lasting and more sustained kick:

- **Ashwagandha Root (1g)**



Ashwagandha is an adaptogenic herb best known for its stress-relieving properties, but it's also a potent male enhancement supplement, as it also enhances semen quality by increasing levels of Luteinizing Hormone (LH) and Follicle Stimulating Hormone (FSH).[5,6]

The age-old herb also helps lower cortisol production, which you might remember is extremely catabolic (muscle-wasting), and can hinder testosterone production – limiting your ability to build muscle.[7,8]

Mega-dose alert! A full gram?!

We've seen products use upwards of 600mg before, but rarely see supplements use a *full gram*. This should feel *really, really* good.

Note that in the video above with Aaron Singerman, this is the ingredient that

made things so difficult to flavor. With a whole gram of this herb, you can forget about it – time to bust out the capsules!

- **Tribulus Terrestris (750mg)**

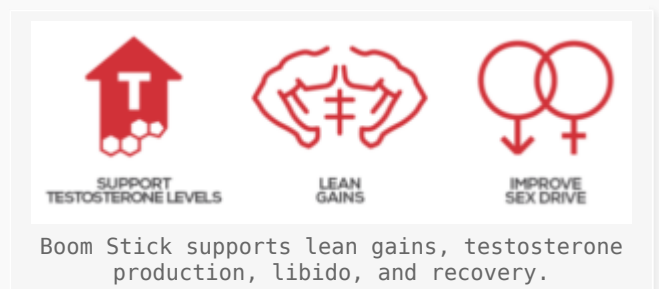
Tribulus is another well-known Ayurvedic herb where it was used increase male virility and vitality. Researchers attribute much of the herb's effectiveness to its high saponin content[9-11], which Boom Sticks extract is standardized to **90% steroidal saponins**.

Tribulus has been documented to increase IGF-1 and testosterone as well as enhance lean body mass and reduce body fat![12] This is part of the reason tribulus is used so frequently in natty test boosters, aside from its ability to significantly enhance libido.

Definitely a hotly-debated ingredient here. Many argue that it can't significantly raise testosterone, but *nobody* argues its effects on libido and feeling good. The question is, did those old studies where tribulus "didn't" work for test use a strong extract like this? Or just a simple water-based extract?

We're not 100% sure where to land on this one, but we think it's time to update some of the research now that extraction technology has gotten so much better.

- **Fenugreek Extract (600mg)**



Frequently encountered in test boosters, **fenugreek** is an annual plant shown in research to boost testosterone levels as well as decrease body fat.[13] It's believed that fenugreek works as an *alpha-5 reductase inhibitor*, which prevents testosterone from being converted to dihydrotestosterone levels (DHT), which has been implicated in male pattern baldness, amongst other things.

Long story short, less testosterone-to-DHT conversion means you *keep* more of your testosterone, which indirectly keeps your test levels higher. And maybe a hair follicle or two as well, but we can't be so sure if it goes that far or

not.

- **Diindolylmethane (250mg)**

Now it's time to get estrogen in check. Realize that estrogen isn't always *bad*, but we want more of the good types.

Diindolylmethane (DIM) is the active metabolite of indole-3-carbinol, I3C, a compound present in broccoli, cauliflower, and other cruciferous veggies that's well estrogen and aromatase-blocking abilities.

DIM promotes a healthy estrogen balance in men a few different ways including: stimulating Phase I enzymes[14], instructing AhR to produce more "good estrogen" and less "bad estrogen"[15] and increasing 2-hydroxyestrone (a "good" estrogen).[16]

- **Nettle Extract 1% (175mg)**



Stinging Nettle (*Urtica Dioca*) is rich in lignans which bind to sex hormone binding globulin (SHBG), inhibiting SHBG from binding to its own receptor, increasing the amount of free testosterone in the body.[17,18]

Additionally, stinging nettle also inhibits DHT binding to assorted sites near the prostate, helping to prevent benign prostatic hyperplasia (BHP).[19] And to top it off, the plant inhibits 5-alpha reductase which supports more testosterone in the body and less DHT.[20]

Dosing

Consume **9** (yes, *nine*) capsules in the morning to support healthy testosterone production all day long.

It's possible you can split these doses up across the day. You should not need post cycle therapy or any anti-estrogen treatment. When your 4-8 week cycle is done, just cease using it.

Then get ready to reload, because you're going to like life a whole lot more *with* your Boom Stick than without!

Can it be used as PCT?



Med+Pak is the new health and wellness supplement from RedCon1 that supplies everything you want not found in your multi-vitamin.

Alongside Med+Pak and your *prescription*-grade AIs, this would also make for a fantastic post cycle therapy *support* supplement to keep things as strong and high as you can while you cycled off of your more 'hardcore' stuff. But this alone isn't enough – just a fantastic round of natural support.

Takeaway

Finally, someone's bringing the *house* with this category!

Natural testosterone boosters are a dime a dozen, and the vast majority of them do virtually nothing. The ingredients that work do in fact need serious doses – so much that a powder makes more sense, but you can't flavor these ingredients. So if you want it, you're going to have to throw down quite a few capsules over the course of a month. But we think that's worth the trouble.

RedCon1's Boom Stick looks to be a diamond in the rough in the bloated supplement category. While it might not be as powerful as prohormones for elevating testosterone production, Boom Stick should definitely enhance your libido, performance in the bedroom, and overall recovery and mood.

So sign up for alerts, wait til we find a good 15% coupon (or better!), and put some boom into your stick.

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