

RedCon1 Grunt: Military-Grade EAA Formula for Military-Grade Gains

written by Mike Roberto | February 12, 2018



RedCon1 Grunt tackles the rapidly-expanding essential amino acid (EAA) supplement market with RedCon1's straightforward EAA-only supplement. Get in, Grunt!

There's been a slow, but steady shift in the amino acid supplement market over the past year or so, and it's one we're glad to see and take part in pushing. We're talking about ditching those BCAA-only supplements in favor of the more comprehensive (and effective) full essential amino acid formulas.

We've witnessed a slew of new EAA-inclusive formulas hitting the scene, and the latest industry monster to embrace the truth that is EAAs is none other than **RedCon1**.

The brand, who was one of the leaders in 2017, is again taking charge and heading up the push in 2018 for more EAA-centered formulas in the market with the release of **Grunt**, a no, nonsense EAA only formula. Yes, they already have a BCAA only supplement (Breach) and even an "energy amino" product (Breach Ballistic), but now it's time to get serious and *grunt* it out with all of the *essentials*!

We've got all the details on this new EAA formula down below, but first check the prices and sign up for PricePlow's RedCon1 coupons and alerts, because they announce some crazy deals:

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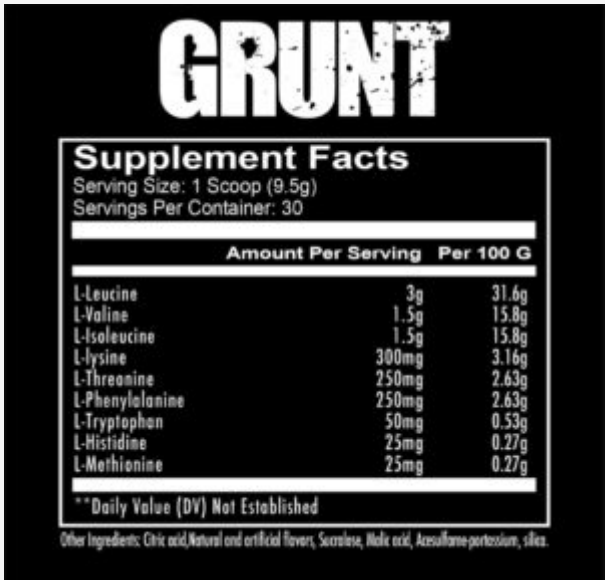
Disclosure: PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

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Grunt Ingredients

Grunt is packing nearly 7g of amino acids in each scoop, with a considerable portion of that consisting of the branched-chain amino acids. Don't worry though, you're still getting the other six essential amino acids so that every serving of Grunt supplies everything your muscles need to perform, recover, and grow!

- **BCAA 2:1:1 (6g)**



GRUNT

Supplement Facts
Serving Size: 1 Scoop (9.5g)
Servings Per Container: 30

| | Amount Per Serving | Per 100 G |
|-----------------|--------------------|-----------|
| L-Leucine | 3g | 31.6g |
| L-Valine | 1.5g | 15.8g |
| L-Isoleucine | 1.5g | 15.8g |
| L-Lysine | 300mg | 3.16g |
| L-Threonine | 250mg | 2.63g |
| L-Phenylalanine | 250mg | 2.63g |
| L-Tryptophan | 50mg | 0.53g |
| L-Histidine | 25mg | 0.27g |
| L-Methionine | 25mg | 0.27g |

**Daily Value (DV) Not Established

Other Ingredients: Citric acid, Natural and artificial flavors, Sucralose, Malic acid, Acesulfame-potassium, silica.

Grunt is 100% essential amino acids, plain and simple. Everything you need to maximize protein synthesis pre, intra, or post workout.

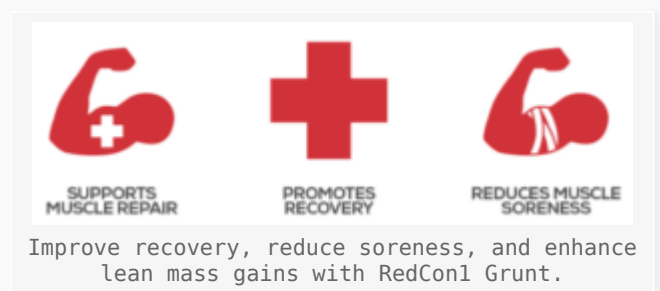
Grunt comes out swinging with a hefty 6g dose of 2:1:1 BCAAs, providing you with 3g of mTOR activating Leucine, and 1.5g each Isoleucine and Valine. BCAAs are the primary stimulators of muscle protein synthesis in the body (via mTOR activation)[1], but you need all of the essential amino acids, which we

discuss next, to maximize protein synthesis.

Aside from activating mTOR, the three BCAAs also help prevent muscle breakdown during intense training, improve glucose uptake and glycogen storage in skeletal muscle, and even speed recovery following training.[2,3]

• Essential Amino Acids (900mg total)

As we've stated up top, it's not only the BCAAs your body needs to construct proteins, but ALL of the essential amino acids. In addition to the 6g dose of BCAAs you get in each serving of Grunt, you also get an additional 900mg worth of the other six EAA's broken down in the form up:



- L-Lysine (300mg)
- L-Threonine (250mg)
- L-Phenylalanine (250mg)
- L-Tryptophan (50mg)
- L-Histidine (25mg)
- L-Methionine (25mg)

Why adding EAAs is better

The reason we've been such loud proponents of the superiority of EAA-inclusive amino products over the old "standard" BCAA-only formulas is for a number of reasons. First, compared head to head, EAA formulas prompt a stronger anabolic response post workout than BCAA only formulas.[4] Second, recent research indicates that not only are BCAA supplements particularly ineffective, but they may potential increase protein breakdown.[5,6]

*"...results demonstrate that BCAAs exhibit the capacity to stimulate myofibrillar-MPS, however **a full complement of EAA could be necessary to stimulate a maximal response of myofibrillar-MPS following resistance exercise...***

*Our data support the notion that **BCAA ingestion alone does not maximally stimulate myofibrillar-MPS following exercise despite stimulation of translation initiation pathways**. The lack of sufficient EAA appears to limit the response of myofibrillar-MPS following exercise...ingestion of BCAAs alone may not be the optimal nutritional regimen to stimulate a maximal MPS response to resistance exercise training.”[5]*

*“An extensive search of the literature has revealed no studies in human subjects in which the response of muscle protein synthesis to orally-ingested BCAAs alone was quantified... found that **BCAAs decreased muscle protein synthesis as well as protein breakdown**, meaning a decrease in muscle protein turnover... **We conclude that the claim that consumption of dietary BCAAs stimulates muscle protein synthesis or produces an anabolic response in human subjects is unwarranted.**”[6]*

So there's a good reason why the industry is moving in this direction – **better muscle protein synthesis!**



Grunt has arrived and it's bringing ALL of the

RedCon1 isn't one to snooze on the job, so the aptly-named Grunt gets the job done.

Flavors Available

RedCon1 Grunt will officially be for sale any day now, and was initially available in three flavors at 30 servings per tub. The current flavor options are:

If you're not sure why we're so happy to see *pineapple banana*, Mike took the similar Breach BCAA flavor home and it's his favorite flavor ever. If you're into banana flavoring, this is an amino like no other!

Takeaway



Check out all of our RedCon1 News! They always have you in the *highest state of readiness*.

The EAA train continues to roll down the tracks, and it's one we're very glad to see happen and take part (and maybe even some credit) in pushing forward.

RedCon1 is the latest brand to hop on board and embrace the world of full spectrum EAA formulas. Given how Grunt keeps it simple and straightforward, delivering the entire line up of EAAs to enhance performance, speed recovery, and improve muscle growth.

Another big brand has taken the step towards EAA, it's time for you to get on board and get on the Grunt!

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References

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