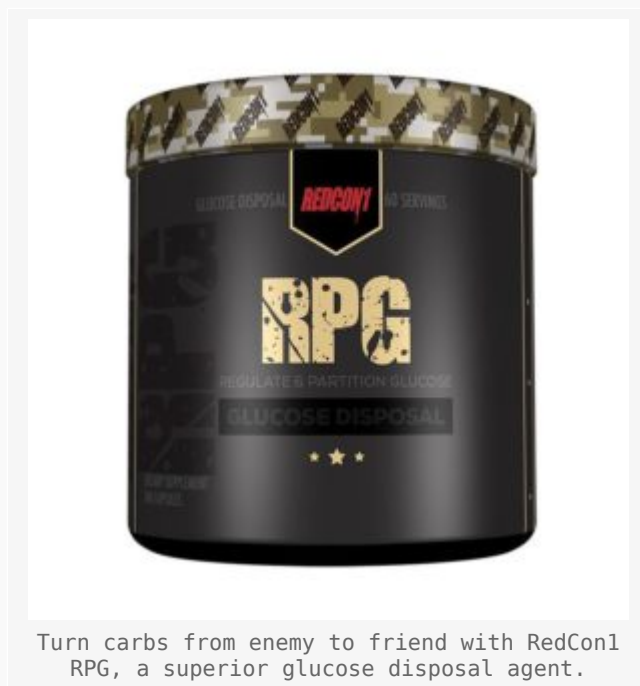


# RedCon1 RPG: Take a Grenade to Glucose

written by Mike Roberto | July 17, 2017



Of all the supplements and nutrients out there, **carbs** are the *real* performance enhancers. And on top of that, they taste great, make you happy, and help you train longer and stronger. But, sometimes carbs aren't so friendly, especially if your body isn't great at using them or if you eat too many and go into "spillover" mode.

This brings the hormone insulin into the spotlight. Insulin can be your greatest ally or enemy as it can put those carbs to work building new muscle, or store them as body fat.

So the question becomes, how do we get insulin to do what we *want* it to do? The industry's fastest-growing brand, **RedCon1**, has the answer with its potent *glucose disposal agent*.

**RPG** is the carbo-phobe's insurance that the extra carbs you eat won't get stored as *fat*, but will serve to enhance glycogen replenishment and muscle growth.

This supplement is loaded with epic doses of industry-leading nutrient partitioning ingredients that divert the sugars towards your *muscle* tissue – not fat cells – given that your training game is on. This is especially handy after the 75g carb-per-serving MRE meal replacement supplement they recently launched!

We've got much more info ahead, but first, take a moment to check the best deal and sign up for alerts from PricePLOW:

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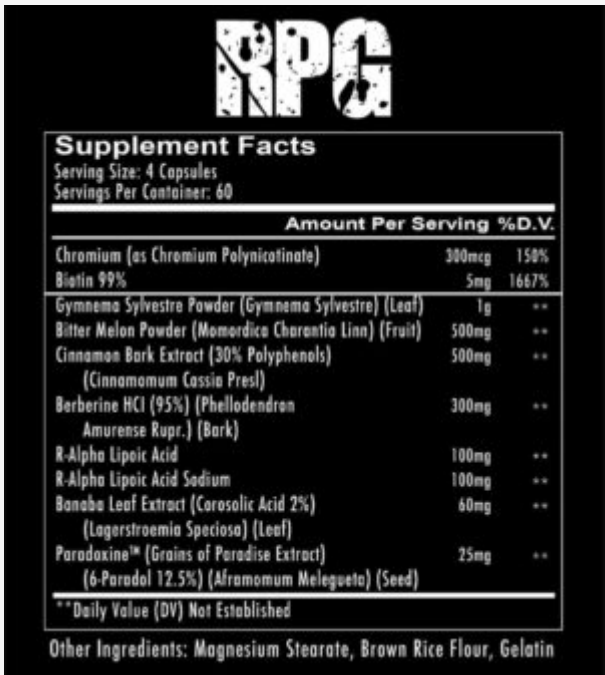
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## RPG Ingredients

RPG includes the most prominent glucose shuttling ingredients available today to optimize glucose disposal and support the ideal anabolic environment for muscle repair, recovery and growth.

The following dosages come from **four capsules** – but you're not required to take all four at once unless you're taking it with high amounts of carbs (75g+), because as you'll see, RPG is *strong!*

- **Gymnema Sylvestre (1g)**



The image shows a supplement facts label for RPG. At the top, the letters 'RPG' are displayed in a large, bold, distressed font. Below this, the text 'Supplement Facts' is written in a bold, sans-serif font. Underneath, it specifies 'Serving Size: 4 Capsules' and 'Servings Per Container: 60'. A table follows with three columns: the ingredient name, the amount per serving, and the percentage of the Daily Value (%D.V.). The ingredients listed include Chromium, Biotin, Gymnema Sylvestre Powder, Bitter Melon Powder, Cinnamon Bark Extract, Berberine HCl, R-Alpha Lipoic Acid, Banaba Leaf Extract, and Paradoxine. At the bottom of the label, it states 'Other Ingredients: Magnesium Stearate, Brown Rice Flour, Gelatin' and a note that '\*\*Daily Value (DV) Not Established'.

	Amount Per Serving	%D.V.
Chromium (as Chromium Polynicotinate)	300mcg	150%
Biotin 99%	5mg	1667%
Gymnema Sylvestre Powder (Gymnema Sylvestre) (Leaf)	1g	**
Bitter Melon Powder (Momordica Charantia Linn) (Fruit)	500mg	**
Cinnamon Bark Extract (30% Polyphenols) (Cinnamomum Cassia Presl)	500mg	**
Berberine HCl (95%) (Phellodendron Amurense Rupr.) (Bark)	300mg	**
R-Alpha Lipoic Acid	100mg	**
R-Alpha Lipoic Acid Sodium	100mg	**
Banaba Leaf Extract (Corosolic Acid 2%) (Lagerstroemia Speciosa) (Leaf)	60mg	**
Paradoxine™ (Grains of Paradise Extract) (6-Paradol 12.5%) (Aframomum Melegueta) (Seed)	25mg	**

\*\*Daily Value (DV) Not Established

Other Ingredients: Magnesium Stearate, Brown Rice Flour, Gelatin

RPG uses several of the most prominent glucose shuttling agents available today.

Native to India and Sri Lanka, **Gymnema Sylvestre** is a potent antidiabetic

plant well documented to improve insulin function, which helps decrease blood sugar.[4] Plus, a comprehensive review of *Gymnema Sylvestre* found that it also lowered plasma glucose, body weight, leptin levels, and even BMI.[5]

What's huge here is the dose – right off the bat we can tell you that if you've ever enjoyed a supplement with *Gymnema Sylvestre* inside, you may want to step up to RPG, but you may also want to start at 2 capsules to test the waters too!

- **Bitter Melon (500mg)**

**Bitter melon** is a vegetable cultivated in the Caribbean, Africa, and Asia. It's traditionally been used for its medicinal qualities particularly in regards to stomach ailments, respiratory complications, and diabetes.

Research into the bitter-tasting veggie notes it's able to suppress adipose tissue inflammation.[6] But, even more importantly, it reduces glycogen formation in the liver (glycogenesis), enhances glucose utilization, and increases serum protein levels.[7]

- **Cinnamon Bark (500mg)**

Good in oatmeal, cookies, cakes, and even certain ethnic food, cinnamon is a spice that really needs no introduction. It's great tasting, but also offers some pretty great benefits in regards to controlling blood sugar. **Cinnamon** has been shown effectively reduce blood glucose levels as well as torch body fat and boost lean muscle mass![8]

- **Berberine (300mg)**



Want to crush a massive stack of pancakes?  
Make sure to pop a serving of RPG before

**Berberine** is a compound found in a wide variety of herbs that's frequently supplemented for its anti-inflammatory and antidiabetic properties. It's extremely effective when it comes to lowering blood glucose and enhancing the absorption of glucose by muscle cells.[9,10]

We often call berberine "the most underrated herb" on the market, as it should be heavily researched by anyone with blood sugar issues. Research has shown that at higher doses, this is as strong as many anti-diabetic pharmaceutical medications – and it's provided right here by nature, with fewer side effects to boot.

The biggest potential side effect is that it could lower blood sugar too much – but that's why we take RPG with carbs – to get that sugar where it *belongs* – in your muscles! But that only works if you train HARD!

- **R-Alpha Lipoic Acid (100mg)**

Alpha Lipoic Acid (ALA) is a fatty acid produced by the body and present in the mitochondria of your cells. It's heavily involved in energy metabolism and functions as a powerful antioxidant in the body. R-Alpha Lipoic Acid (R-ALA) is a naturally occurring, biologically active form of ALA within the body that can help suppress appetite[12], boost energy expenditure[13,14], and reduce fasting blood glucose.[15]

- **R-Alpha Lipoic Acid Sodium (100mg)**

Another form of ALA? Yep!

Sodium Alpha Lipoic Acid (Na-R-ALA) is a sodium salt of ALA that is incredibly soluble and highly bioavailable. It's also more heat stable at elevated temperatures compared to other forms of ALA. Just like our previous form of ALA, Na-R-ALA is an advanced glucose disposal ingredient that will help maintain healthy blood sugar levels.

- **Banaba Leaf (60mg)**



RPG is the ultimate weapon when going to war with carbs.

Banaba, also known as *Lagerstroemia*, is a plant famous for its antidiabetic qualities. RPG's banaba extract is standardized to 2% corosolic acid, the primary component in Banaba responsible for its glucose-shuttling properties.[17] Other research into corosolic acid finds it's also able to enhance insulin sensitivity in the body, making for optimal glucose utilization.[18,19,20]

- **Paradoxine (25mg)**

More frequently found in fat burners and thermogenics, Paradoxine is the temperature-spiking Grains of Paradise extract that mobilizes fat from Brown Adipose Tissue (BAT) and increases energy expenditure.[21] But, the pungent spice can also be useful for reducing blood glucose levels too!.[22]

This is a fantastic idea here – because the purpose of a GDA like RedCon1 RPG is ultimately to reduce fat storage, and Paradoxine can instead reverse fat storage in a different way – by changing the white fat to brown fat!

Another good piece of news – *Paradoxine* is our preferred form of grains of paradise because of the research behind their standardization!

- **Biotin (5mg)**



Pack your RPG to go so it's by your side for those epic post workout carb refeeds.

Biotin (Vitamin B7) is a water-soluble vitamin that's a part of the vitamin B complex. It's a vital coenzyme needed for metabolism of amino acids, fatty acids, and *glucose*. More importantly, biotin is also effective in lowering blood glucose when supplemented on its own[2], but even more effective when used in combination with chromium picolinate![3]

- **Chromium Polynicotinate (300mcg)**

Chromium is an essential mineral that's required for a number of actions in the body, particularly in the areas of insulin sensitivity and glucose metabolism. The trace mineral has a proven track record for enhancing glucose disposal[1], especially for individuals not consuming enough of it through the diet.

The difference of using chromium polynicotinate (also known as *Chromium nicotinic acid*) over the well-known chromium picolinate is polynicotinate is *niacin*-bound, and studies have found that it's 18 times more bioactive than other types of chromium out there.[23] An animal study showed that absorption/retention was 600% greater than chromium chloride and 300% greater than the common chromium picolinate![24]

Sometimes chromium polynicotinate is known as "ChromeMate", but that's a branded form not used here – no chemical difference, this is the good stuff!

## Dosing



Click the image to read more about RedCon1 Supplements

Consume 1 serving (i.e. 4 capsules) with a carbohydrate-heavy meal 1-2 times per day.

If you're taking a lighter meal, such as only 25g carbs, you only need 1-2 capsules. The 4-capsule serving is for higher-carb meals, such as 75g or more.

Coincidentally, guess what has 75g carbs? **RedCon1 MRE!** So get em together for a perfect stack!

## Takeaway

Carbs aren't the enemy of a healthy, active lifestyle. In fact, carbs can actually be your greatest ally when trying to increase muscle mass and enhance athletic performance. RPG is the crucial swingman that helps put carbs on your side and make them work with you instead of against you.

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