

# RedCon1 Big Noise: Stim-Free Bunker Busting Focus Pumps!

written by Mike Roberto | August 8, 2016



RedCon1 unveils their stimulant free pump pre workout Big Noise that also packs a heaping serving of focus and strength.

Last week we introduced you to Aaron Singerman's new supplement company, **RedCon1**, and promised there'd be lots of new info regarding specifics on the line of supplements. So far, the brand has released labels for their pre workout, *Total War*, and whey protein isolate formula, *Isotope*.

Today, we've got a real treat, as we bring you a PricePLOW exclusive with the reveal of their stimulant free pre workout, **Big Noise**, that was described to us as bringing "bunker busting pump-bombs" by Aaron himself.

This stim-free pre workout will undoubtedly bring the bombs back to your biceps, but we're actually most excited about the *focus ingredients* and the strength improvements that may come along with them!

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## Big Noise Ingredients

As was promised with all RedCon1 Supplements, Big Noise is 100% transparently dosed and uses some of the best known pump agents around, along with a few surprises. Big Noise is very different from your prototypical pump pre in that it also packs in a healthy amount of *nootropics* to really amp up your focus during the workout.

- **Glycerol Monostearate (3g)**

Supplement Facts		
Serving Size: 1 Scoop (9g)		
Servings Per Container: 30		
Amount Per Serving %D.V.		
Glycerol Monostearate	3g	**
BetaPower® - Betaine Anhydrous	2.5g	**
Astragalus Membranaceus (Root)	1g	**
Agmatine Sulfate	1g	**
L-Alpha Glycerylphosphorylcholine	300mg	**
CPD Choline	250mg	**
Rhodiola rosea root extract	200mg	**
Huperzine A (Toothed Clubmoss)	200mcg	**

\*\*Daily Value (DV) Not Established

Other Ingredients: Disodium phosphate, Sucralose, Acesulfame-k, Maltodextrin, silica.

Big Noise is very different from your typical stim free pump product. Big Noise brings the pumps, but also a HUGE helping of strength and focus boosting ingredients.

Glycerol Monostearate (GMS) is one of the best ways to make your muscle look full and swollen. This is because GMS acts as a cell volumizer in skeletal muscle where it draws in additional water and nutrients to give you “water-based” pumps, as opposed to nitric oxide pumps from something like Citrulline.

Additionally, GMS also improves your body’s overall hydration levels and helps foster a state of “hyperhydration,” which has been shown to improve both stamina and endurance![1,2,3] The end result of all of this is greater performance along with big, powerful pumps.

This is a huge dose!! We usually see GMS top out at 2g, so you might be in for something new here. The pro-tip is to make sure to **drink plenty of water** to

get maximum effectiveness!

The issue here is that this provides over **2g saturated fat** (from the 75% of the molecule that is *stearic acid*) and can potentially clump far more than competing ingredients like HydroMax, so hopefully Redcon1 took care to stabilize it.

### • **BetaPower Betaine Anhydrous (2.5g)**

One of the most effective natural, muscle building ingredients that's become a "standard" more or less in pre workouts now is the choline metabolite Betaine, a.k.a. *Trimethylglycine*. If you haven't tried this ingredient yet, you're missing out on one of the best strength and power boosters around.

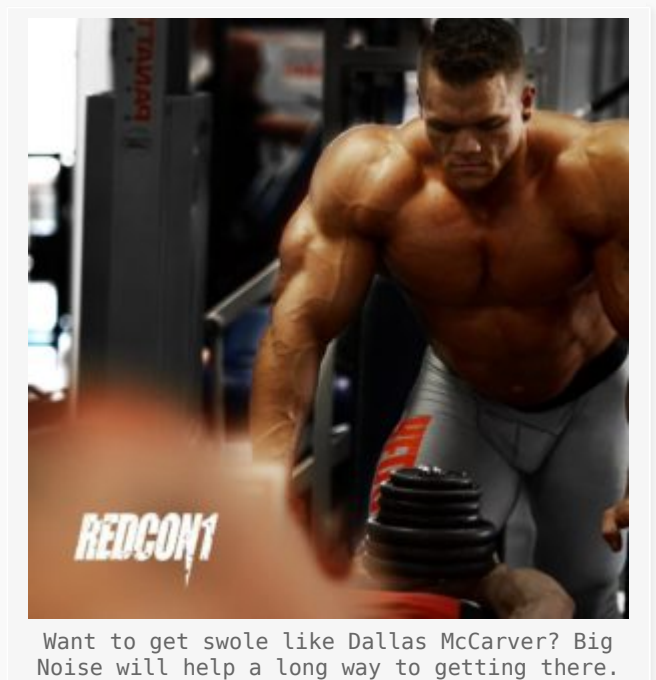
Betaine comes packing a number of benefits that will enhance your overall performance and lead to some great gains. Among these are:

- Greater power output[4]
- Reduced soreness[5]
- Increased endurance[6]

This shouldn't be all that surprising once you learn that betaine actually supports and even improves creatine production in the body.[7]

As RedCon1 promised, we get the full daily recommended dose of betaine to reap all the gains from this ingredient that we possibly can. If you're unfamiliar, you can read more about it on our bigger betaine article.

### • **Astragalus Membranaceus (1g)**



Want to get swole like Dallas McCarver? Big Noise will help a long way to getting there.

Here's where Big Noise takes a step away from the conventional and starts to get really interesting. Astragalus is an herb traditionally used in Ancient Chinese medicine for treating a wide assortment of disease and illness. Recent studies have shown that when the herb is used in combination with exercise, it **improves endurance** and **lowers markers of muscular damage** like blood lactate and ammonia.[8,9]

As a bonus, Astragalus also helps combat inflammation and enhance the body's immune system.[10]

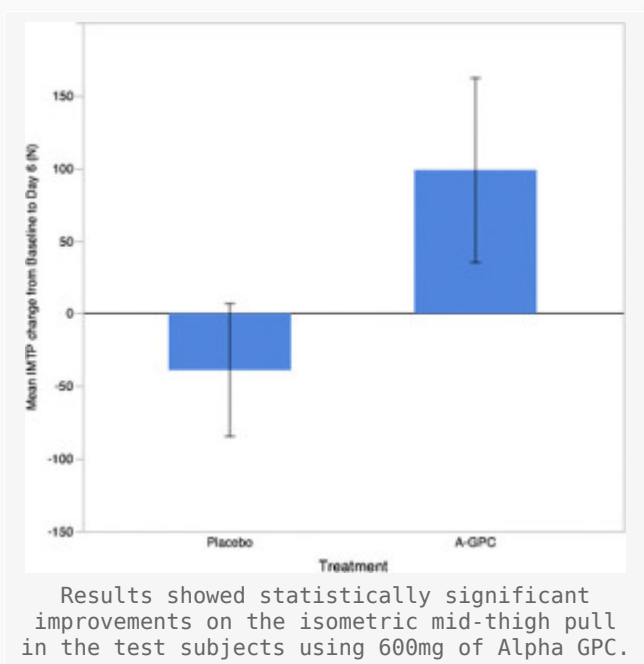
### • Agmatine Sulfate (1g)

We're back to the pump enhancers with an industry favorite, Agmatine. This isn't your typical NO-boosting pump enhancer, it actually works more as an *indirect booster*. Basically, ingredients like L-Citrulline directly boost nitric oxide levels, which lead to bigger, badder pumps. Agmatine, however, actually prevents its breakdown[11], by inhibiting the enzyme responsible for arginine's breakdown, arginase.

Agmatine does manage to pull off another unique trick that other pump enhancers can't as well. It actually elevates cognition and memory formation. This is because agmatine is a neurotransmitter and neuromodulator in the body and as such helps with focus during your workout.[12]

So now we have pumps and endurance/recovery pretty well-covered. What's next? FOCUS:

### • Alpha GPC (300mg)



We're back to our all-time focus boosters with Big Noise's next ingredient, **Alpha GPC**. This has been shown through research to be the most effective and bioavailable form of choline for the body. Clinical trials using Alpha-GPC documented elevated focus and mood in the trials subjects, but also noticed significantly more "mind-muscle connection." Additionally, Alpha-GPC has been shown to increase power output, bolster endurance and elevate post-workout Growth Hormone (GH) level![13,14,15]

We've covered this in greater detail in our Alpha GPC mega-article that showed **strength increases from a higher dose**. [23] The team of researchers that conducted that study are hoping to elicit the same benefits from a lower dose, and are in the process of testing doses such as this one so that we can make official strength claims – Alpha GPC is pretty pricey.

**Note:** It's not disclosed if this ingredient is 300mg of actual Alpha GPC, or 300mg of 50% Alpha GPC (thus making it 150mg). Confirm with the manufacturer if concerned, and we will update this post if there is clarification.

The good news is that Alpha GPC works very similarly to the next ingredient, which we believe should combine to actually give us the strength and focus benefits we *can* make some "claims" on:

- **CDP Choline (250mg)**

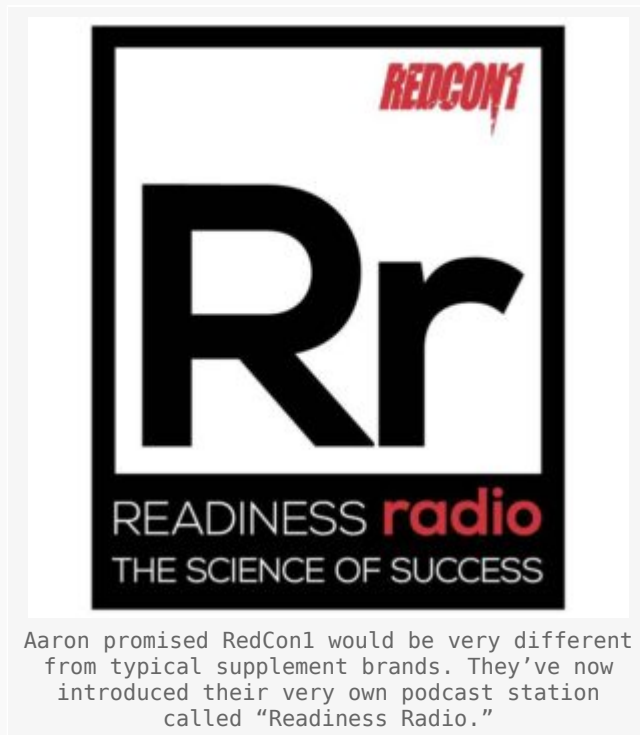
Big Noise packs not one, but **two** forms of the powerful cognitive booster, choline. We've already covered Alpha GPC, and now we get some supplemental choline to really amp up the focus with CDP choline.

You can tell the Redcon1 is pulling out all stops with Big Noise because CDP Choline, also known as *citicoline*, is far more expensive than cheaper forms like choline bitartrate – and it's better too.

Alpha GPC is the most expensive, and they gave it the highest dose. CDP Choline is the next most expensive, and they dosed that second. That says something to us – RedCon1 isn't joking around and Big Noise is clearly not sold as a "profit center" like many other brands do with their pre workouts.

Aside from heightening focus, choline has also been shown to boost endurance and weight loss due to increasing levels of betaine in the body.[16,17]

**Why don't we have both?**



In nootropic circles, there's often an "argument" as to what's really better – citicoline here or Alpha GPC above. It comes down to personal taste and experience, but RedCon1's mission is for "*The **Highest** State of Readiness*", so **what'd they do? They include both. Killer move.**

### **We're very confident this will boost strength**

Finally, given that 600mg Alpha GPC has proven to yield legitimate strength gains[23], and we have a total 550mg between alpha GPC and CDP choline, we're very confident (yet can't state with absolute certainty) that **most users are going to experience a noticeable strength boost with Big Noise.**

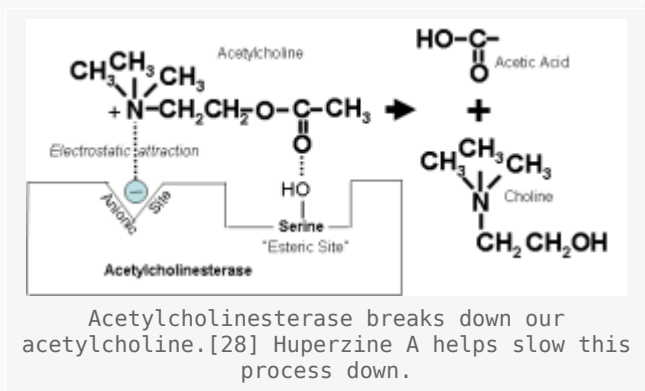
- **Rhodiola Rosea (200mg)**

Rhodiola rosea is an adaptogenic herb that helps the body deal with physical, emotional, and psychological stress. Adaptogens like rhodiola have been shown in clinical trials to improve endurance and alertness while at the same time reducing mental fatigue from stressful situations.[18]

Further researching into this ancient herb suggests that it may even enhance cognitive functioning and memory due to its actions on the neurotransmitter systems for acetylcholine, dopamine, norepinephrine, and serotonin.[19]

As if Big Noise didn't bring enough mental readiness. RedCon1's not done yet though...

- Huperzine A (200mcg)



Our final ingredient is yet another powerful nootropic, the choline extender, Huperzine A. While Alpha GPC, CDP Choline and Rhodiola directly increase acetylcholine production in the body, Huperzine works just a tad bit different.

Instead of increasing increase production, Huperzine actually inhibits acetylcholinesterase, the enzyme responsible for the breakdown the acetylcholine.[20] This means that Huperzine *indirectly* increases amounts of this highly neurotransmitter by helping it “survive” longer in the body.

Also of note is that Huperzine defends the brain against the “neuron death molecule” glutamine[21], and may even help create new brain cells thereby making it “neurogenerative.”[22]

This is a HUGE dose of Huperzine, about 4x the “standard” dose of 50mcg. If you don’t feel much focus from the choline, rhodiola, or astragalus, trust us when we say you *definitely* will feel this!

Pretty solid dose of Huperzine A with that much choline. Usually the choline-based ingredients are half-dosed. This is why **Big Noise is a *must-try* stim-free pre workout supplement for late 2016 / early 2017!**

## Flavors Available

Per RedCon1, “*They taste awesome!*” Aaron at RedCon1 also had this to say:

**Get ready for the TOTAL WAR / BIG NOISE Stack!**

*“Lemme tell you this: when you combine Total War & Big Noise*

– *it's the best preworkout I've ever taken in my entire life. Better than anything, ever. And I've tried them all. From Ultimate Orange to Jack3d.*

– *Aaron Singerman, RedCon1 Founder*

## Takeaway



Big Noise is a pretty big deviation from what you probably think of in a pump supplement. Most of the time, you'd think it's all about nitrates and citrulline, however RedCon1 is looking to be a touch bit different.

When you think about it, though, this brand's motto is "*The Highest State of Readiness*", and if you can't get fired up with Big Noise here, then we don't think there's really going to be any other stimulant-free solutions for you. If that's the case, you'll just need to work in the stimulants with something like Total War, or get better sleep, because this is about as intense as stim-free gets.

At the end of the day, Big Noise packs some decent pumps with the amount of glycerol and agmatine it contains, but where it really stands to shine is in the focus department as it includes more nootropics than you'd ever think. And that's why we have got to try it.

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