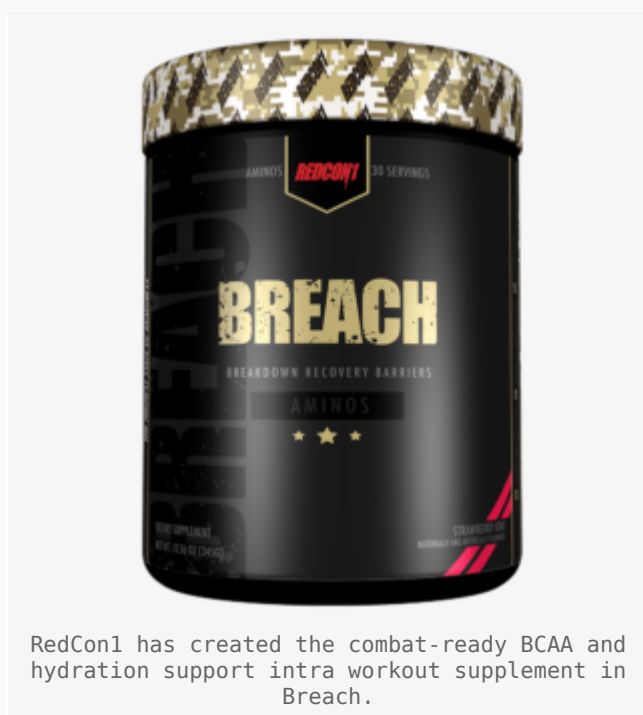


RedCon1 BREACH: Combat-Ready BCAA Supplement

written by Mike Roberto | June 22, 2017



RedCon1 has quickly established itself as one of the hottest brands around since they first debuted on the scene about one year ago. Since their debut, the brand has released a steady stream of products that have been incredibly well-received by the masses.

Much of RedCon1's success is due to the killer pre workout in *Total War*, but Aaron Singerman and team have continued taking the brand to new levels.

So today, we're going back to cover one of the brands initial releases in **Breach**, an intra workout loaded with BCAAs and hydration support agents. The reason we're going way back to bring it up, is that the brand has also recently expanded the flavor lineup with three new flavors, but more on those later.

All the info on Breach is just ahead, but first, take a moment to check the widget for the best deals and sign up for alerts from PricePLOW:

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Breach Ingredients

Breach isn't only breaking down the barriers with a full 5g dose of BCAAs, there's also several hydration support agents included to sustain performance in even the hottest combat conditions.

- **BCAAs 2:1:1 (5g)**

BREACH

Supplement Facts
Serving Size: 1 Scoop (11.5g)
Servings Per Container: 30

	Amount Per Serving	%D.V.
BCAA		
Leucine	2.5g	**
Isoleucine	1.25g	**
Valine	1.25g	**
Coconut Water Powder	1g	**
Glycerol	1g	**
Taurine	1g	**
Electrolytes		
Potassium	340mg	**
Sodium	140mg	**

**Daily Value (DV) Not Established

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

Breach contains not just a 5g dose of BCAAs, but a full complement of ingredient to support and enhance hydration and performance during your workouts.

We just mentioned this above, but it's worth stating again. Breach contains 5g worth of 2:1:1 BCAAs, which mean you'll get 2.5g Leucine and 1.25g each Isoleucine and Valine per serving.

BCAAs are helpful for stimulating Muscle Protein Synthesis (MPS) and providing a readily accessible source of energy for muscles during your workout.[1,2,3] While BCAAs

- **Coconut Water Powder (1g)**

Intense training means you're going to working hard and sweating like no

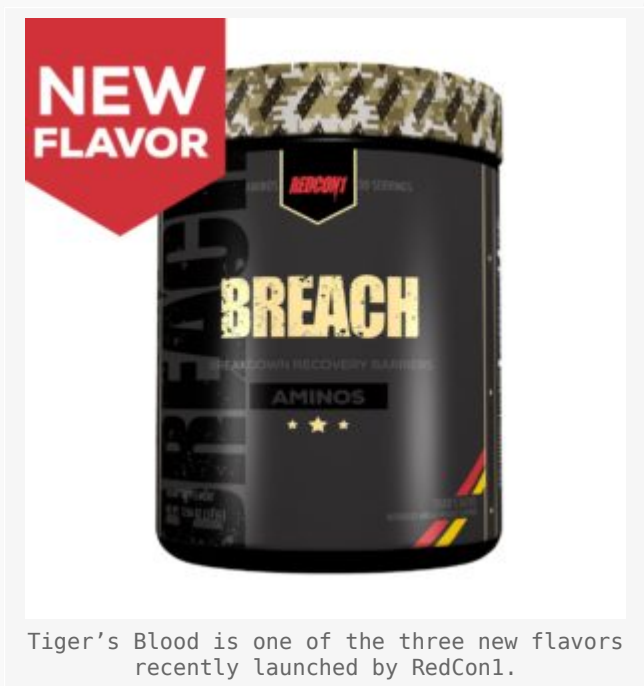
tomorrow. Through sweat, you're going to lose valuable electrolytes, such as potassium, which is vital to proper muscle function. However, including coconut water powder combats mineral loss since it's loaded with potassium, which helps restore electrolyte balance and avoid any muscular cramping.[4]

The 1g dose is considerably more than we're used to seeing in other supplements that utilize coconut water powder. Typically, we only see it included in doses ranging between 250-500mg, but not RedCon1. We get a full gram here.

- **Glycerol (1g)**

Glycerol is commonly found in pump-based pre workouts for its ability to "supersaturate" your muscles with water. It's included in Breach for the same reason. Glycerol acts as an osmolyte in muscle tissue, which means it helps your muscles soak up extra water, which supports hydration, and allows you to keep performing at a high level.[5,6]

- **Taurine (1g)**



A conditionally essential amino acid, taurine is predominantly found in the brain, heart, and muscle of the body. Similar to our previous ingredient, taurine is also an osmolyte that helps the body pull in water to enhance hydration and prevent any possibility of declining performance, muscle cramping, or dehydration from popping up during your intense workouts.[7]

Plus, since taurine is found in the brain, it may also lend a little bit of a mid-workout bump to your focus and alertness too.[8]

Taurine and glycerol make for a great combination, and are often seen in pre workouts for their pumps. Both of the ingredients are well-dosed here, so if you keep drinking plenty of fluids, you may notice some nice volumization!

• Electrolytes

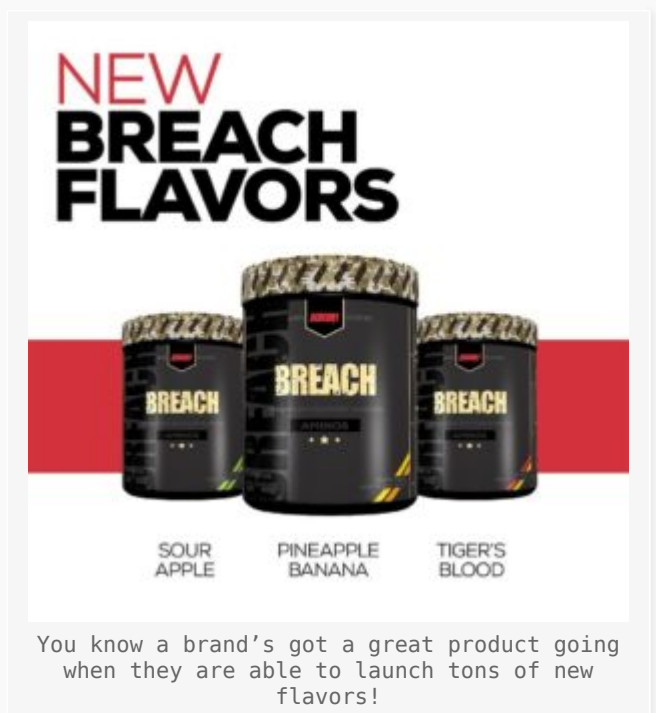
Gobs of electrolytes are lost through sweat when you're training, and if you lose enough, you could be set up for some serious muscle cramping and premature fatigue. To counter this, RedCon1 has included two of the most important electrolytes in Potassium and Sodium. In total, each serving of Breach provides **340mg of Potassium** and **160mg Sodium** to replace lost electrolytes, support hydration, and sustain performance.

Need *energy* with those aminos?

If you want some *energy*-based aminos, then check out **Breach Ballistic**, an energy amino supplement that takes Breach to a whole new level!

Flavors Available

When Breach initially *broke* onto the scene, it came in three flavors. Recently though, RedCon1 has launched several more interesting and uncommon flavors to expand Breach's flavor lineup. In total, there are 6 different flavors to choose from, including:



- **Tigers Blood**
- **Pineapple Banana**

- Sour Apple
- Blue Lemonade
- Strawberry Kiwi
- Watermelon

RedCon1 has been going nuts with their flavors – both here and in in their Total War Pre Workout. This means the brand is doing very well – so jump onto the rising ship. We’re looking at Pineapple Banana as our next try.

Takeaway

RedCon1 delivers another solid offering to support those individuals battling the weights day after day with Breach. The combination of BCAAs plus a full spectrum of hydration support results in a product that will sustain and enhance performance even during the most taxing training sessions.

And with all these new flavors, you’ll never be bored training on the RedCon1 Train, so get on and give one of these great products a shot!

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