

5% Nutrition 5150's New Flavors: Rocket Pop and Pink Lemonade

written by Mike Roberto | March 30, 2022

One of bodybuilding legend Rich Piana's core beliefs was that of all the people on this planet, only about 5% have the inner fire to fulfill their dreams and become the person they've always wanted to be. It was for the sake of this visionary 5% that he founded his company, *5% Nutrition*, whose mission is to provide *high-achievers* with nutritional supplements of exceptional efficacy and purity.



The 5% Nutrition 5150 Pre-Workout has two new flavors: *Rocket Pop* and *Pink Lemonade*

Given this ethos, it's probably not surprising to hear that 5% Nutrition's supplement formulations tend to be, well, *aggressive*... and you probably realize that it's saying a *lot* that the **5150 Pre-Workout Supplement**, a mainstay product of their *Legendary* line, is perhaps the most *intense* formula they have to offer.

Packed to the gills with *stimulants*, 5150 is highly effective but *not* for the faint of heart. After all, it's named after the California Penal Code that stands for "*Involuntary psychiatric hold*", which should tell you much of what you need to know.

If you're the type who lives on the edge and loves walking into the gym with your heart pounding before you've even touched a weight, 5150 is something you'll definitely want to try. And 5% Nutrition recently released two new flavors, **Pink Lemonade** and **Rocket Pop 5150!**

We've got some more information below, but first, check the prices and sign up for 5% Nutrition alerts using PriceFlow's tools below:

Rich Piana 5% Nutrition 5150 Pre Workout – Deals and Price Drop Alerts

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What is 5150?!

ROCKET POP

Supplement Facts

Serving Size: 1 Scoop (13.4g)
Servings Per Container: 30

	Amount Per Serving	% Daily Value*
Vitamin B3 (as niacin)	30 mg Nc	188%
Vitamin B-12 (as cyanocobalamin)	1,000 mcg	41667%
Choline (as choline bitartrate)	195 mg	36%
L-Citrulline	4,000 mg	**
Beta Alanine	3,000 mg	**
L-Taurine	2,000 mg	**
N-Acetyl L-Tyrosine	750 mg	**
Choline Bitartrate	500 mg	**
Alpha-Glycerol Phosphoryl Choline 50%	200 mg	**
Cocoa Alkaloid Extract (Theobroma cacao L.) (seed) (Cocobuterol)	80 mg	**
Synephrine Hydrochloride	45 mg	**
Toothed Clubmoss (Hyperzia serrata) (aerial parts) (standardized to 1% Huperzine A)	50 mcg	**
Stim-Crazy Caffeine Complex	513 mg	**
<small>Caffeine Anhydrous, Dicafeine Malate (Indinergy™), Theobromine, Caffeine (from Green Tea (Leaf)), Yerba Mate Extract (Leaf), Guarana Seed Extract (Paulinia cupana), Rauwolfia Canescens (Alpha-Yohimbine) (Whole Plant), Green Coffee Bean Extract (Seed), Golu Kola Extract (Centella asiatica) (Whole Herb)</small>		

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Natural Flavors, Silicon Dioxide, Citric Acid, Sucralose, FD&C Blue No. 1

The new and improve formula for 5150 Pre-Workout, now in Rocket Pop and Pink Lemonade flavor!

With the label shown to the right, 5150 offers:

- A “stim-heavy caffeine complex” with about **400 milligrams of caffeine** that delivers both fast-acting and long-lasting energy
- A nitric oxide boost from **4 grams L-citrulline** to max out your *pump* and help you push your aerobic limits
- Appetite suppression via *cocobuterol* and *synephrine*
- Improved recovery times and reduced muscle fatigue (thanks to *L-citrulline* and **2 grams of taurine**)

- Sharper mental focus and improved mind-body connection from *tyrosine*, a *dual-choline blend*, *huperzine A*, and all those stims!

But even better, the team is continually improving them into 2022:

New 5150 Flavors Announced!

5% Nutrition is offering *two new flavors*, bringing the total amount of flavors offered for 5150 Pre-Workout up to *six!*



The first is *Pink Lemonade*, which needs no introduction. We're all familiar with how the delicious icy tang of sweetened citrus juice hits the spot on a hot summer day.

More interesting is the *Rocket Pop* flavor, inspired by the red, white, and blue *Bomb Pops* that so many of us who grew up in the 80s and 90s know and love as a staple of American childhood.

For those who haven't had a Rocket Pop in a while – you're forgiven. Recall that the flavor system consists of red, white, and blue sorbet flavored with **cherry**, **lime**, and **blue raspberry**.

If you're getting bored with the usual, done-to-death flavors on the supplement market today, you should at least consider giving the Rocket Pop flavored 5150 pre-workout a try. Just remember how intense the stimulants are!

Meanwhile, we see a lot of **pink lemonade** amino acid supplements, but we don't always see a great deal of *pre-workouts* in this flavor system. Great to see the 5% crew bringing more options.

Read the Full 5150 Analysis



5150 = INVOLUNTARY PSYCHIATRIC HOLD

Not familiar with 5150? You'll be happy to hear we've analyzed it before. If you're interested in reading a product review with *full ingredient analysis*, check out our article titled *Rich Piana's 5150 Pre Workout: Involuntary Psychiatric Hold*.

If you haven't used 5150 before, just be careful and skip that morning coffee. At a whopping 400 milligrams of caffeine per serving, you'll want to start with a partial dose and work your way up to a full one. This one's not for rookies!

If you can't handle it, that's fine too – Rich Piana's got you covered with *Kill It*, *Kill It Reloaded*, and even the stimulant-free *Full As F*ck*. You can also read our article on all of Rich Piana's pre workouts to help understand the difference!

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