

One Stick Pack to Rule Them All: 5% Nutrition 5150 Pre-Workout

written by PricePLOW Staff | February 1, 2023

Maximized intensity pre-workouts are in vogue in the supplement industry, but nobody does it quite like *Rich Piana's 5% Nutrition*.

Back in 2021, we covered the release of 5% Nutrition **5150 pre-workout**, named for the California penal code of "*involuntary psychiatric hold*" – and it's just as insane as you'd expect. Billed as a "*supercharged, high-stim*" formula, 5150 is not for the faint of heart. If you're just looking for a steady pump without the punch, the original *Kill It* or the stimulant-free *Full as F*ck* is probably the best choice for you.



But if you're looking to get absolutely *wired* for an intense gym session, 5150 is the way to go. Even better? The formula now comes in **stick packs** – the ultimate convenient dosing method for a *madman* on the go.

5150 Stick Packs

Let's face it: as a busy man, you don't always have the luxury of carefully combing through your supplement cabinet for a tub, dumping the right dose in your water bottle, and letting the pre-workout work its magic 30 minutes prior to a workout.

You don't have a lot of time available, but you still need to get those gains, so you workout whenever you have the chance. Before work, after work, during work. You're on the move. That's where stick packs come in.

Nothing could be easier. Just through one in your gym bag, and when you're ready to get your pump on, rip it and dump it in your shaker bottle.

We're going to run through a quick summary of the 5150 formula, but first let's check PricePLOW for 5% deals:

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5150 – How It Works

Every 15.2g stick pack contains the following ingredients:

SUPPLEMENT FACTS			Citrus Mango ▾
SERVING SIZE - 1 STICK PACK: 15.2 g SERVINGS PER CONTAINER: 10			
	PER SERVING	% DAILY VALUE*	
Vitamin B-3 (as Niacin)	30mg NE	188%	
Vitamin B-12 (as Cyanocobalamin)	1,000mcg	41667%	
Choline (as Choline Bitartrate)	195mg	36%	
L-Citrulline	4,000mg	**	
Beta Alanine	3,000mg	**	
L-Taurine	2,000mg	**	
N-Acetyl L-Tyrosine	750mg	**	
Choline Bitartrate	500mg	**	
Alpha-Glyceryl Phosphoryl Choline 50%	200mg	**	
Cocoa Alkaloid Extract (Theobroma cacao L.)(seed)	80mg	**	
Synephrine Hydrochloride	45mg	**	
Toothed Clubmoss (Huperzia serrata)(aerial parts) (standardized to 1% Huperzine A)	50mg	**	
Slim-Crazy Caffeine Complex	513mg	**	
<small>Caffeine Anhydrous, Dicafeine Malate (Infenergy™), Theobromine, Caffeine (from Green Tea (Leaf)), Yerba Mate Extract (Leaf), Guarana Seed Extract (Paullinia cupana), Rauvolfia Canescens (Alpha-Yohimbine) (Whole Plant), Green Coffee Bean Extract (Seed), Gotu Kola Extract (Centella asiatica)(Whole Herb)</small>			

- **L-citrulline (4,000mg)** is an amino acid that has shown to be an effective *nitric oxide* booster. Nitric oxide is a neurotransmitter that relaxes blood vessels, allowing blood to travel more efficiently throughout the body. As a

result, l-citrulline has been shown to boost muscular endurance, strength, and decrease muscle soreness.

- **Beta-alanine (3,000mg)**, the common pre-workout ingredient responsible for the trademark “tingles”, is an amino acid that has also been shown to raise *carnosine* levels in muscle. Carnosine serves as a proton buffer and helps the body to regenerate the ATP required for exercise.
- **Taurine (2,000mg)** is a conditionally essential amino acid involved in a variety of physiological processes, such as calcium signaling, scavenging free radicals, and osmoregulation. Taurine supplementation has been shown to combat oxidative stress, enhance nitric oxide availability, and reduce neuroinflammation.
- **N-acetyl-l-tyrosine (750 milligrams)**, like taurine, is a conditionally essential amino acid. In periods of high-stress, the body needs supplemental tyrosine to meet its needs. Tyrosine increases the production of neurotransmitters in the brain, such as *dopamine* and *adrenaline*. Supplementation with tyrosine can promote focus and concentration.
- **Choline bitartrate (500 milligrams)** is a precursor to *acetylcholine*, which is a neurotransmitter involved in both muscular performance and brain performance.
- **Alpha-GPC (200mg)** is another source of *choline* that has been shown to enhance focus, mental energy, mind-to-muscle connection, and athletic performance. Additionally, alpha-GPC may increase growth hormone secretion, resulting in improved muscle growth and strength.



Rich Piana's persistence was hard to beat. One thing that kept him publishing YouTube after YouTube was his flexibility with diet.

- **Cocoabuterol (80mg)** is a type of *theobroma cacao extract* that has the ability

to reduce appetite, boost energy, improve mood, and enhance thermogenesis. Cocoabuterol is a proprietary form of theobromine with better bioavailability and longer lifespan compared to generic theobromine. Theobroma cacao also contains antioxidants, anti-inflammatory agents, heart-protective compounds, and anti-tumor elements.

- **Synephrine HCL (45mg)** is a naturally occurring alkaloid found in bitter orange peel and frequently used in supplements for burning fat and increasing thermogenesis. It stimulates metabolism and energy by targeting *beta-2* and *beta-3* adrenergic receptors, and may assist in weight loss by releasing fatty acids from storage and reducing hunger.
- **Toothed clubmoss (50mcg)** is a source of huperzine A, which inhibits the enzyme *cholinesterase*. As such, it helps maintain acetylcholine levels, and produces a synergistic effect with the choline bitartrate and alpha-GPC.
- **Stim-Crazy Caffeine Complex** is aptly named. A 513 milligram blend containing an astounding **400 milligrams of caffeine** from 8 different caffeine sources, this is definitely at the high end for pre-workouts – just the way Rich wanted.

5150 flavors

5150 Stick Packs launched in Citrus Mango, but we foresee many future delicious flavors. Stay up to date with the list below:



Intense pre-workout for the busy man

5% Nutrition is not a brand known for tuning it down. It's the Italian sports car of the supplement industry. What you get is *more*. As far as high-stim pre-

workouts go, 5150 feels like a league of its own. With a whopping *513 milligrams* of caffeine on top of the synephrine, 5150 isn't the kind of pre-workout you want to take unless you're planning a monster gym session for maximal gains.

Package that mania in a stick pack, and you're approaching *peak* levels of fitness management. No matter where you are, you can start feeling that beta alanine prickling your nerves in seconds.

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