

Rich Piana's Full As F*ck Pump Pre Workout Goes Legendary

written by Mike Roberto | September 21, 2021

When it comes to Rich Piana and 5%-ers chasing major gains and hypertrophy, the *pump* is *always* worth chasing. If you're feeling pumped to the gills, there's a great chance you're tearing muscle fibers, and assuming your diet is on point – your body will repair and rebuild them stronger and bigger than before.



5 Percent Nutrition's Full as F*CK gets a Legendary Upgrade, now with 5 grams of L-Citrulline and more!

Elite bodybuilders and average lifters alike chase the pump in the hopes of realizing there is no greater feeling you can possibly have during a workout.

Rich Piana chased the pump *his* way, with all day arm workouts and insane carbohydrate loading strategies. But he really blew things up when he launched **5% Nutrition's FULL AS F*CK**, a stimulant-free nitric oxide booster to be stacked with his KILL IT workout series *or* run solo.

FULL AS F*CK joins the 5% Nutrition Legendary series

While KILL IT's formula has remained the same, even when transitioning to the new 5% *Legendary Series* white tubs, FULL AS F*CK was indeed due for some overhaul. It's now here, bringing more citrulline and glycerol than ever before, but keeping the unique *Dan Shen* root extract.

The label is updated and covered below, but don't forget to see our 5% Nutrition news alerts below, there's more major news on the way:

Rich Piana 5% Nutrition Full As F*ck – Deals and Price Drop Alerts

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Get Full As F*ck Price Alerts Get Rich Piana 5% Nutrition alerts Get Stimulant-Free Pre Workout Supplements price drops

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Note: In the article below, we cover the new white “Legendary Series” tubs, but some of the original black tubs may still be available in the widgets above.

Full as F*CK Ingredients (Legendary Series white tubs)

- L-Citrulline – 5,000 mg

BLUEBERRY LEMONADE

Supplement Facts

Serving Size: 1 Scoop (15g)
Servings Per Container: 25

	Amount Per Serving	%Daily Value
Vitamin C (as Ascorbic Acid, Calcium Ascorbate)	250 mg	278%
Niacin (as Vitamin B3)	30 mg NE	188%
Phosphorus (as Dipotassium Phosphate)	30 mg	5%
Magnesium (as Magnesium Citrate, Magnesium Glycero-phosphate)	15 mg	4%
Sodium (as Sodium Glycero-phosphate)	1 mg	<1%
Potassium (as Dipotassium Phosphate, Potassium Citrate, Inositol-Stabilized Arginine Silicate, Potassium Glycero-phosphate)	230 mg	5%
L-Citrulline	5,000 mg	*
L-Taurine	2,000 mg	*
GlycerSize™ (65% Glycerol Powder)	2,000 mg	*
Nitroarginine® (Inositol-Stabilized Arginine Silicate)	500 mg	*
Beet (Beta vulgaris)(root)	500 mg	*
Dan Shen (Salvia miltiorrhiza)(root) Extract	100 mg	*
S7™ (Green Coffee (Coffee arabica) (bean) Extract, Green Tea (Camellia sinensis)(leaf) Extract, Turmeric (Curcuma longa L.)(rhizome) Extract, Tart Cherry (Prunus cerasus)(cherry), Blueberry (Vaccinium corymbosum)(berry), Broccoli (Brassica oleracea itaica)(whole), Kale (Brassica oleracea acephala)(leaf))		
BioPerine® (Black Pepper (Piper nigrum) (fruit) Extract)	5 mg	*

*Daily Value not established.

Other Ingredients: Citric Acid, Silicon Dioxide, Natural & Artificial Flavors, Glucose Polymers, Sucralose, Acesulfame K, FD&C Blue No. 1

More citrulline, more pumps! 5% Nutrition's Full as F*ck is now in *Legendary* status!

When it comes to proven nitric oxide (NO) boosters, it doesn't get much better than pure **L-Citrulline**. It's long replaced L-arginine as the “go-to” amino for increased NO production thanks to its greater bioavailability in the body.[1] What's interesting is that it works by helping the body generate *more* L-

arginine,[2] it just does it in a way that avoids L-arginine's premature digestion,[3,4] so that the L-arginine can *then* go on to generate more nitric oxide the way we'd always hoped.

Greater N.O. production not only enhances blood flow to your muscles, but also gives a stellar pump in the process. Citrulline is also a pretty good endurance booster in part due its role as an intermediary in the Krebs Cycle.[5-7]

Citrulline also helps prevent ammonia buildup in muscles, which can negatively impact athletic performance. It can enhance overall ATP production (and thus endurance) which provides more "staying power" into the latter portions of your workouts.[1,8]

With the new Legendary Series, Citrulline has been bumped up to 5 grams from 4. This is nearly *double* the clinical dose, so you can expect a scoop to hit hard.

But don't let us rag on L-arginine *too* much. Later on, we have an improved form of arginine that will work as it was originally intended, providing a one-two NO boost that will get further amplified by beetroot.

- **L-Taurine – 2,000 mg**



There's pumps, and there's *Rich Piana pumps*.
Be smart and choose the latter.

When it comes to pump supplements, big fellas like Rich Piana aren't *only* about blood-bound nitric oxide pumps – they're also about *cell volumization* through hydration. The next two ingredients hit that angle home, by helping the body retain more water in and between the cells.

Taurine is an osmolyte that facilitates healthy water transfer and storage,[9] and it's considered *conditionally* essential, since our bodies can generate it but we do a hell of a lot better when we have extra. In 5% Nutrition terms, that means it's *essential*, because we're not about to waste time and performance waiting for our bodies to generate taurine molecules when we can just take it ourselves.

This is why it's also in *ALL DAY YOU MAY*, whose Legendary Series upgrade we've recently covered as well.

The end result of having more water retention on hand is the hydration and cellular hydration ("water pumps!"),[9] nearly *immediately* improved endurance,[10] a cognitive boost,[11] and we've even seen nitric oxide amplifying benefits from taurine supplementation![12]

However, our hydration duo is only half done:

- **GlycerSize (65% Glycerol Powder) – 2,000 mg**



Blueberry lemonade anyone? Maybe, but that Push Pop flavor may have something to say about it..

Part two of our hydration duo is a sugar alcohol known as **glycerol**, which is

used for *numerous* purposes in the body. However, when we supplement more, the molecule is able to increase total body water volume and general water retention.[13]

We call this effect “*hyperhydration*”.[14] With better hydration (especially when paired with taurine), we often see improvements in endurance and thermoregulation – so long as you take it with enough water.[15-17] With Rich Piana followers slinging their two gallon milk jug full of water and four scoops of *ALL DAY YOU MAY*, we’re confident that hydration isn’t a problem.

But what’s even cooler is that multiple studies have shown *reduced urine output* when using glycerol for these hydrating purposes! We document this in our article titled “*Urination at Night?! Add GLYCEROL to Your Sleep Aid!*”[18]

So if you’re sick of going to the bathroom too often during your all day arm day, consider *keeping* your fluids inside with FULL AS F*CK’s glycerol!

- **Nitrosigine (Inositol-Stabilized Arginine Silicate) – 500 mg**

Remember up above when we discussed L-citrulline converting to L-arginine to generate more nitric oxide, yet working better than taking L-arginine directly?[1] While that’s true, a company named *Nutrition21* worked hard to solve the arginine bioavailability problem by inventing **Nitrosigine**, which is a world-class nitric oxide supplement that uses “*inositol-stabilized arginine silicate*”.



More specifically, this is a patented complex of arginine combined with inositol and potassium silicate.[19] All combined, L-arginine’s

bioavailability becomes *significantly* better and less likely to be prematurely metabolized by the digestive system before it can yield nitric oxide.[20]

At higher doses, we've seen 1.5 grams of Nitrosigine yield comparable results to 8 grams of citrulline malate, giving us a more space-efficient NO boosting ingredient.[21] 5% Nutrition, of course, decided to use both citrulline *and* Nitrosigine.

The biggest issue we see here is that the majority of research (ranging from nitric oxide increases to cognitive flexibility to anti-inflammatory measures) has been done using 1.5 grams (and sometimes 750 milligrams),[21-29] but we're at 500 milligrams here. Still an incredible ingredient that we *love* having next to 5 grams of citrulline, but we're careful to make too many claims at this dose. We believe it will undoubtedly add to the effect, we're just not sure to what extent.

- **Beet (*Beta vulgaris*)(root) – 500 mg**



As if we didn't have enough of an NO boost from citrulline and Nitrosigine, we have yet another pathway to hit. Beet roots are incredible sources of nitrates (NO₃-), which can lead to an NO boost through the nitrate-nitrite pathway, further boosting nitric oxide levels and blood flow.[30,31]

Nitrates have been well-documented to help boost nitric oxide levels in the body as well as enhance exercise performance and helping offset fatigue.[32]

This isn't the most insane dose, and the amount of nitrate depends on the standardization, but next to the citrulline and arginine pathways hit above,

we're all in. And we're *still* not done amplifying nitric oxide – S7 discussed below has one more bit to add.

- **Dan Shen (Salvia Miltiorrhiza)(root) Extract – 100 mg**

Dan shen (*Salvia Miltiorrhiza*) is a Traditional Chinese Medicine used to support heart health and circulation. This herb is also a potent *vasodilator*, especially in coronary arteries, where it's been documented to inhibit platelet aggregation, improve microcirculation and protect the myocardium from injury due to ischemia.[33-35]



Improved circulation throughout the body will help deliver additional oxygen and nutrients to the surrounding muscles of the body, keeping them fresher longer in your workouts helping to extend your endurance and delay fatigue.

When we see herbal ingredients like this that improve cardiovascular function through vasodilation, many in the medical community will think about cardioprotection, but our first thought is always *pumps*. This is a unique inclusion that has stayed in the FULL AS F*CK lineup, and we're happy for that.

- **S7 – 50 mg**

One last nitric oxide boosting ingredient here – one that wasn't around during Rich's first go-round, but has a bit of promise for the future.



S7 is a unique blend of *green coffee bean extract*, *green tea extract*, *turmeric extract*, *tart cherry*, *blueberry*, *kale*, and *broccoli*. Collaboratively, it reduces oxidative stress (working like a powerful antioxidant). A recent study showed that this 50 milligram dose increased bioavailable nitric oxide concentration by 230%![36]

We definitely want to see further research on this blend, but it's a great add-on to have atop the other clinically-dosed ingredients above.

The 5% Blueberry Conspiracy

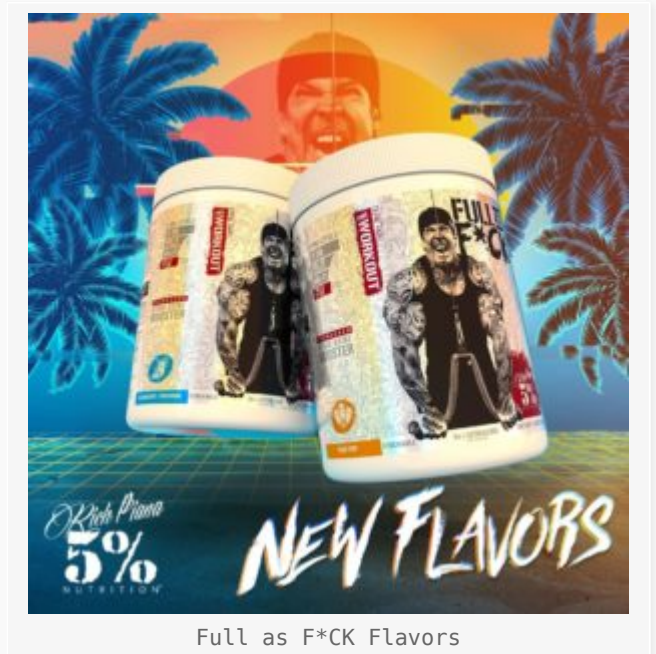
As a side note, and this is commented on in our *ALL DAY YOU MAY* article... we jokingly like to mention that 5% Nutrition finds ways to include *blueberry* extracts and flavors into many of their supplements (including *Real Carbs*)! Turns out there are some good benefits to doing so.[37-40]

- **BioPerine [Black Pepper (*Piper nigrum*) (fruit) Extract] – 5 mg**

BioPerine is the frequently-included patented black pepper extract that helps the body absorb the other nutrients, aminos, and extracts included in dietary supplements. It inhibits *P-glycoprotein* and *CYP3A4*,[41] and that's important because those enzymes metabolize certain nutrients and drugs. By inhibiting them, we can keep active ingredients around longer in the body.

Flavors Available

When rebranding to the white label *Legendary Series*, 5% Nutrition added a few new flavors as well, such as the fantastic Push Pop flavor (we recently wrote about KILL IT Push Pop). In the flavors below, make sure you find the *white* tubs if you want the formula discussed above:



Pro-Tip: Enhance Your Pumps with *Carbs!*

One last thing: if you want an explosive pump, don't forget to get some carbs in pre workout – *before* you take this! If you're short on time or want something different yet *real*, then check out Rich Piana's REAL CARBS. 30-50g carbs 30-60 minutes pre workout will help you perform *and* pump better – tweak the dose and timing to your size and preferences.

And if you do that, you can also stack it in with Rich Piana's *Freak Show!*

Takeaway: Time to get Full as

Full As F*ck packs multiple nitric oxide boosters in, all while keeping hydration going as well. We love finding unique ingredients like *Dan Shen* to top it off.

If this doesn't get your blood flowing and veins gorging, you might as well not even have a pulse! It's also stim-free making it perfect for a late night workout session or stacked with Rich's other pre workouts *5150*, *Kill It*, or *Kill it Reloaded!*

As always, you can see the Rich Piana Pre Workout guide to help you on your way

to ALL DAY ARM DAY training glory:



Rich Piana 5% Nutrition Full As F*ck – Deals and Price Drop Alerts

Get Price Alerts

Get Full As F*ck Price Alerts Get Rich Piana 5% Nutrition alerts Get Stimulant-Free Pre Workout Supplements price drops

Also get hot deal alerts

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Note: This article was originally published on Mar 17, 2016. See an image of the original tub here.

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