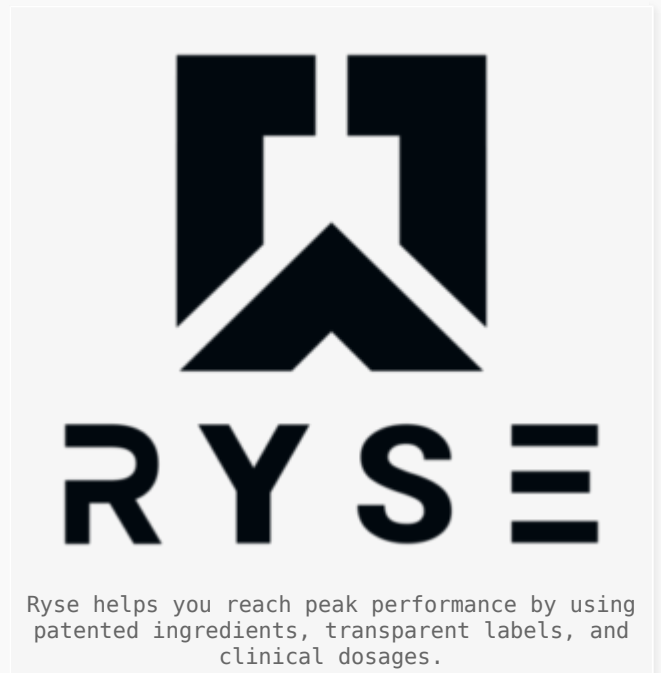


Ryse Supps Project BLACKOUT Pre Workout: Achieve Peak Performance

written by Mike Roberto | March 27, 2020



It wasn't too long ago that **Ryse Supps** burst onto the scene, but in such a short period of time, they really made a name for themselves. But it's not a surprise that they've grown into being such an influential company, because this brand does everything a bit different. Just look at their packaging, labels, flavors, and most importantly, the *formulas*.

Ryse takes a lot of pride in producing products that will help you **rise to greatness**. So don't expect to see ineffective ingredients, subclinical dosages, or proprietary blends. Ryse is all about transparency, quality, and results – it's really that simple. And if you've tried any of their products, you know exactly what we're talking about, because they are the perfect example of what Ryse values.

Introducing Ryse Supps and *Project Blackout*



Ryse Supps Project Blackout Pre and Pump make the perfect duo!

Over the years, Ryse Supps has put out some very popular products, such as *Loaded Protein*, *VitaFocus*, and the *Ryse Supps Pre Workout*. Although their supplements all do extremely well, there were enough customers that wanted even *more*. Ryse noticed there weren't many well-formulated products built towards the more 'intense' lifter. This makes sense, because that's a fairly niche population to cater towards. The majority of brands are trying to go more mainstream to reach a wider audience, leaving a large opportunity to the "niche of intensity" that Ryse feasts upon.

The consumers who would *rather hit the barbell than the barstool* are the ones who will be your most loyal customer, so long as the brand can *deliver* the type of products they're looking for. So not only did Ryse want to create more advanced supplements for *themselves* to use, they wanted to offer them to a group of people who are often left behind.

Not to mention, Ryse works with some highly elite athletes, who need everything they can get to out-train and beat the competition. It was time for the next level of Ryse. It was time for **Project Blackout**. A new advanced, stronger series with a spin on the darker side.

Blackout Pre: Formulated For The Elite



Ryse to greatness with Blackout Pre!

The first two supplements Ryse released under *Project Blackout* were **Blackout Pre**, a *high stim* advanced pre workout formula, and **Blackout Pump**, a *non-stim* pump formula. This allows consumers to have more options, because not every gym session requires you to be stimulated out of your mind, but some days you need an extra kick! The Blackout Pump and Pre can be stacked together or taken separately, it's your choice, but no matter what they will deliver results guaranteed.

Project Blackout has been a major hit for Ryse and PricePLOW keeps hearing how great the pre workout is, so it's time for us to see what all the hype is about!

In this post, we analyze the formula, explain the benefits and differences between their other pre workout, and highlight how to use it in order to get the best results. Project Blackout is a new beginning for Ryse, so subscribe to our Ryse Supps news alerts for more product launches, deals, giveaways, and reviews!

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Blackout Pre-Workout Ingredients

Keep in mind that Ryse wanted to create a more advanced, higher stim product without using anything borderline grey market. So don't expect to see any exotic stimulants or ingredients that will probably be banned in a few years. Ryse is dedicated to giving you the most safe and effective supplements they can produce, therefore you can expect to see several patented or trademarked ingredients, backed by plenty of research.

This is a high stim product that contains nearly **410mg of caffeine**, so get ready for long lasting energy that will carry you through the most grueling training sessions.

Now that we've warned you, let's see what one serving (12.6g) of Project Blackout Pre has in store!

Supplement Facts		
Serving Size: 12.6g (Approximately 1 scoop)		
Servings Per Container: 25		
Amount Per Serving		% DV
Choline	600mg	16%
Calcium	90mg	7%
Phosphorous	45mg	4%
Sodium	310mg	13%
Potassium	75mg	2%
Beta Alanine (as CarnoSyn®)	3.2g	*
Choline Bitartrate (as VitaCholine®)	1.5g	*
Betaine Anhydrous	1.5g	*
Betaine Nitrate (as NO3-T®)	1g	*
Sodium Nitrate (as NO3-T®)	500mg	*
Calcium Potassium Phosphate Citrate (as Calci-K®)	500mg	*
Caffeine Anhydrous	350mg	*
Theobromine	200mg	*
Sustained-Release Caffeine (std. min. 60% caffeine)(as VitaShure® Caffeine SR)	100mg	*
Huperzia Serrata Extract (std. min. 1% Huperzine A)(Club Moss)	10mg	

*Daily Value (DV) Not Established

A high stim pre workout with several other ingredients that give you a pump and laser focus!

Beta-Alanine (as CarnoSyn) – 3.2g

We told you Ryse uses patented ingredients at clinical dosages, and here's a prime example of that, because they start out with 3.2g of **CarnoSyn beta alanine!**

Several studies show that beta alanine supplementation can significantly increase levels of *carnosine* within the skeletal muscle.[1-3] This is the main reason you see a performance boost from beta alanine. One of carnosine's main roles is to buffer lactic acid that accumulates during exercise.[1-3] As a result, there's lower levels of acidity, allowing you to work harder for longer.

Although beta alanine is most well known for increasing performance in events lasting anywhere from one to four minutes, it can also improve high intensity, more anaerobic types of activity as well![1-3]

Whenever you take a pre workout and start feeling a *tingling* or itching sensation, you can blame it on beta alanine. But the benefits it provides are well worth the feeling, even if you're not a fan of the tingles, known as *paresthesia*. Most people stop feeling it once they've built up a tolerance anyway.

So beyond the tingling sensation, there's a very good reason why Ryse included beta alanine to kick off the start of Blackout Pre's formula!

• Choline Bitartrate (as VitaCholine) – 1.5g

Next up is an ingredient to help increase your mind muscle connection and mental focus, **Choline bitartrate** trademarked as *VitaCholine*.

• Choline: An Essential Nutrient

Once you ingest it, the choline molecule will dissociate from the bitartrate and help boost your body's *acetylcholine* levels![4,5] On a very basic level, acetylcholine is a neurotransmitter that helps cells communicate, it's very crucial in telling the muscle to contract.[4,5]

Choline plays an important role in the brain, so having greater amounts help with focus, memory, and learning.[4] As you can see, it's a pretty powerful component of both health and performance. And with Ryse Blackout Pre, you're getting what we consider the best form of choline bitartrate, too:

• VitaCholine Takes The Crown!



VitaCholine contains pure L+Choline Bitartrate for maximum absorption and bioavailability!

VitaCholine was developed by a leader in ingredient development, *Balchem*, [4] And what makes it stand out from the rest of the choline bitartrate on the market is that you're getting the **pure L-isomer**. [4] Let's explain what that means – there are two forms of choline bitartrate that exist in the supplement world. Both consist of a choline molecule bound to two tartaric acids, however one is the devoratory form, known as D-Choline Bitartrate, and the other is the levorotatory isomer, called L-Choline Bitartrate.

If it doesn't specifically say VitaCholine or L+Choline on the label, then you're most likely getting a mixture of the two. And those other forms are less ideal because the levorotatory or "left-handed" isomer is the only bioactive form – just what VitaCholine uses. Therefore, you would have to take roughly twice the dosage to get the same results! In summary we are thrilled to see VitaCholine on the label, because you know exactly what you're getting!

- **Huge focus dose alert!**

And by the way, 1.5g is a *monster* dose. We've seen choline dosed that high on rare occasion... but we've never seen *VitaCholine* dosed this high. Get ready to feel the focus and the "mind-muscle connection".

- **Betaine Anhydrous – 1.5g**

In order to boost your power output, 1.5g of **betaine anhydrous** is here to make that happen.



Grab Blackout Pre to fuel your training sessions and Loaded Protein to help you recover for the next one!

Betaine, also commonly referred to as *trimethylglycine*, acts as both an *osmolyte* and *methyl donor* inside the body.[6,7] Due to its ability to take on these two roles, betaine can help maintain proper water balance within the cells, increase levels of nitric oxide (NO), and lower the amount of *homocysteine* synthesis.[6,7]

All of these actions contribute to betaine's ability to improve power output, body composition, strength, and work capacity.[6-9] It may even lead to greater production of creatine because when betaine donates a methyl group to homocysteine, a precursor to creatine is produced known as *methionine*. [6-9] This is very conducive to performance benefits, since we all know the power of more creatine!

You may look at the dosage and think that's a bit low compared to the 2.5g clinical doses, but there's another form of betaine coming next, so no need to worry!

- **Betaine Nitrate (as N03-T) – 1g**

Betaine nitrate (N03-T) is a patented and trademarked nitrate ingredient, which ensures you're getting a quality, pure, and safe compound. As the name suggests, betaine nitrate consists of trimethylglycine combined with nitrate.



The Machine is licensing this ingredient from ThermoLife International and it's a whopper

Unlike betaine *anhydrous*, where you're getting a full 1.5g of betaine, with 1g of betaine *nitrate*, it works out to be about 65.4% *betaine* (654mg) and 34.6% *nitrate* (346mg). Therefore, by combining both forms, you get just over 2g of betaine. But the betaine is not the main star of the show with this ingredient, it's the *nitrates*!

We previously mentioned that betaine has the ability to boost nitric oxide levels in the body, which helps increase performance by enhancing oxygen delivery to the working muscle and shuttling more lactic acid away.[7] The added nitrates can further increase nitric oxide levels, through being readily absorbed by the gut and converted into a nitrite anion, which can be directly used to create NO.[10,12,13]

But that's not even all the nitrates that are in this formula! So don't be surprised if you get a *massive* pump!

- **Sodium Nitrate (as NO3-T) – 500mg**

Double Nitrate?! Yes! More nitrates, more pump, better performance!



Great formula with even better flavors. Tiger's Blood will get you fired up for a big training session!

Sodium nitrate as *NO₃-T* consists of *sodium* bound to nitrate anions. Sodium on its own can help draw water into the muscle cells,[11] so when combined with nitrates it's even *more* effective.

It works in the same way as betaine nitrate – after the sodium nitrate is absorbed, it can be converted into nitrite and used to create NO.[12,13] The NO will cause the blood vessels to vasodilate, increasing their ability to deliver nutrients to the muscles.[12,13] Furthermore, studies show it has a positive effect on high blood pressure and possesses some antioxidant properties.[13]

Sodium is also a key electrolyte involved in muscle contractions, and insufficient levels can cause a huge detriment in performance.[11] With all these ingredients working together to boost NO from various pathways, you're almost guaranteed to get a wicked pump. Especially if you've had some carbs pre workout!

- **Calcium Potassium Phosphate Citrate (as Calci-K) – 500mg**



Elite athletes require elite supplements.

Calc-K is a mixture of *calcium*, *potassium*, and *phosphorus*, patented by **Albion Minerals**, formulated to give you a readily absorbable form of three key minerals.[14] Along with the sodium provided by the sodium nitrate, calcium and potassium are both crucial for muscle contractions and exercise performance. It's important to maintain a balance between the three to avoid any negative effects like muscular cramping.

Not only is calcium crucial for skeletal muscle contractions, it also is used heavily for cardiac muscle contractions and helps maintain good bone health.[15] Potassium is mainly involved in muscle and nerve firing, and low levels are commonly linked to decreased performance.[16]

Phosphorus takes a part in many functions of the body, but most notably, cell signaling, cell building, and energy metabolism.[17] It's not really common to see a good dose of minerals in a pre workout, but they are essential, so we're happy to see them included! Yet again, you're getting a patented form from a well known ingredient supplier, so you know it's pure, safe, and high quality!

- **Caffeine Anhydrous – 350mg (out of 410mg total)**

Let's get into some stimulants, shall we?!

We told you this was a high stim pre workout, but as you can see there's a lot more to this formula than just being a stim bomb. Ryse still wanted to give you several ingredients that increased power, endurance, and pump, so this is a well rounded formula. But it does have its fair share of caffeine, coming from two sources, and clocking in at around *410mg* total.



Looking for a lower stim alternative to Blackout Pre, than try their original formula!

The first source of caffeine is none other than the hard hitting, fast-acting, **caffeine anhydrous**. This is a very popular addition to several pre workouts, because it's effective, rapidly digested, and backed by plenty of research.[18] There's no other ingredient that's been more studied than caffeine, and it's very clear that it boosts performance in both anaerobic and aerobic activities.[18]

This powerful stimulant expresses its effects by blocking the receptors adenosine binds too.[18] Adenosine causes you to feel fatigued and drowsy by slowing down neural activity. Therefore, caffeine acts as an adenosine antagonist, stopping that from occurring.[18] Regardless of how it works, just know it's incredibly effective and widely accepted as an ergogenic aid.

- **Theobromine – 200mg**

In addition to the 410mg of caffeine, you're also getting a slight stimulatory effect from a solid dose of **theobromine**!

It's classified as a *methylxanthine*, which is closely related to caffeine. Research shows it can cross the blood brain barrier and bind to adenosine receptors in a similar fashion as caffeine,[19,20] resulting in a further bump in energy.

Theobromine is also known for its *appetite suppressing* effects,[21] and this may not be a fat loss product, but no one likes being extremely hungry during a workout. That can be a big distraction, especially if you're having a long training session. In regards to health, theobromine expresses anti-inflammatory, antitumoral, and may offer some additional cardioprotective effects![20] With this ingredient, you're getting way more than just a boost

in energy!

- **Sustained-Release Caffeine (std min 60% caffeine) (as VitaShure Caffeine SR) – 100mg (yielding 60mg out of 410mg total)**



Take Blackout Pre before training and Ryse Supps BCAA/EAA's intra!

The second source of caffeine in Blackout Pre comes from **VitaShure**, a sustained release energy source that will help you avoid the dreaded crash! It's standardized to contain as *minimum 60% caffeine*, so with *100mg*, you're at least getting *60mg*, bumping up the total caffeine content per serving to over *400mg*.

Team PricePlow is a major proponent of multiple sources of stimulants, because they all metabolize at varying rates, which supplies you with a steady smooth increase in energy.[22] So while the theobromine and caffeine anhydrous get you fired up, VitaShure keeps you there throughout the entire workout and beyond!

- **Huperzia Serrata Extract (std. min. 1% Huperzine A) (club moss) – 10mg**

The last ingredient in this packed formula is **Huperzia Serrata extract**, also called *Huperzine A*.

Huperzine A works synergistically alongside *choline bitartrate* to raise acetylcholine levels. By acting as a natural inhibitor of *acetylcholinesterase (AChE)*, the enzyme that breaks down acetylcholine,[23] it can help keep levels elevated after choline bitartrate boosts them!



Furthermore, Huperzine A has also been studied for its ability to protect neurons against oxidative damage, which is great for several medical conditions involving the brain, such as Alzheimer's disease.[23]

Here we end up with *100mcg*, a dosage that's effective and in the "middle of the road" compared to what we've seen.

This formula is no joke, it's got everything you pretty much need to have a killer workout! Due to having roughly *410mg of caffeine plus theobromine*, PricePLOW recommends starting with half a serving to assess your tolerance!

Remember you can always stack with *Blackout Pump* to still get all the benefits from the active ingredients, but at a lower stimulant concentration!

Available Flavors

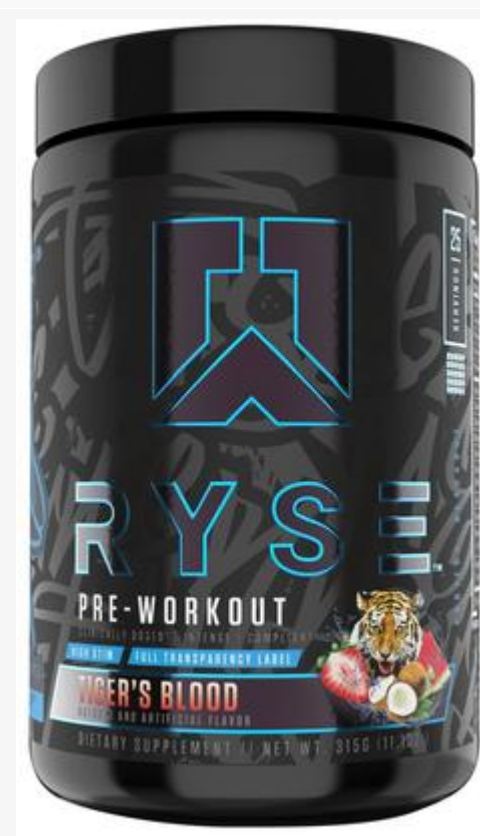
Beyond their extremely effective formulas, Ryse is known for even better flavors! The reviews speak for themselves, people love the twist they take on their flavor profiles. For example, the Loaded Protein comes in Cinnamon Toast and Fruity Crunch, and Ryse fans go nuts for them. So, like we mentioned at the very beginning, Ryse always does things a bit differently, so don't expect to see the same old boring flavors you're used to!

Here is an updated list of all the available flavors of Ryse Supps Blackout Pre-Workout:

Note the Blackout Tubs!

Ryse wanted to make a clear distinction between their original line of products and this new “advanced” version. With that in mind, **Project Blackout** was born. It was the perfect differentiation, since Ryse is known for white bottles with gold accents, and this new line would be completely “blacked out”, allowing you to clearly tell what’s what. Although they changed the look, what *really* separates Project Blackout from the other products are the formulas, as you saw above.

Blackout Pre Workout Is Not For The Faint of Heart



Tackle your toughest training sessions with Ryse Supps Blackout Pre in Tiger's Blood!

Project Blackout was designed to be a line of products suited for more advanced competitors, athletes, and gym goers. With Blackout Pre they wanted to create a formula that delivered the best energy, focus, and pump around. With a double-nitrate, double-caffeine, *high-VitaCholine* formula, we would say they definitely achieved that!

But if you're looking for a pre workout that has a bit lower stim, but still delivers great results, check out Ryse Supps Pre-Workout that features a white bottle and label design. It still has a solid formula but isn't so high stim.

Overall, we think Ryse did a great job with Project Blackout Pre and who knows what else may be coming in the future for this new line. No matter what, Ryse is

always trying to improve, expand their reach, and offer products that actually do what they advertise. PricePLOW always likes to see a company using patented ingredients, transparent labels, and clinical dosages, because that's the perfect storm for an effective supplement.

Ryse has so much planned for the future, and we can't wait to share it all with you, so subscribe down below to stay up to date!

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