

# SAN MegaTron – Stim-Free Supplement as Good as its Name

written by Mike Roberto | February 12, 2015



SAN's New Muscle Pump Volumizer is turning heads for a reason. For being stim-free, this stuff is no joke!

Supplement brands are scrapping now more than ever to ingeniously squeeze their products into category sub-spaces.

One category seeing the most varied classifications is the pre-workout. Items exist for stim-junkies, fat burners, swole-meisters, crossfitters, sport-specific athletes, etc. SAN Nutrition provides their athletic performance pre-workout entry with **MegaTron**.

Put simply... this stimulant-free product looks pretty awesome and we're gonna have to try it sooner than later.

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Pre-workouts driven towards athletic performance can cover all types of workouts. Let's take a look at how well SAN Nutrition stacks this open profile.

## The SAN MegaTron Ingredients

With a non-proprietary label shown to the right, we can do a full analysis.

- Pump + Vaso Vol + Endurance Support Matrix

<b>Supplement Facts</b>		
<b>30 Servings</b>		
Serving Size: 13.09 g (1 scoop)		
Servings Per Container: 30		
Amount Per Serving	% Daily Value	
Vitamin C (as Ascorbic Acid)	300 mg	500%
Niacin	10 mg	50%
Vitamin B12 (as Methylcobalamin)	1000 mcg	16,667%
Sodium (as Sodium Chloride)	200 mg	8%
<b>Pump + Vaso Vol +</b>	9.3 g	†
<b>Endurance Support Matrix</b>		
Citrulline Malate	3 g	†
b-Alanine (Carnosyn®¹)	2.6 g	†
Glycerol Monostearate	1 g	†
Betaine Anhydrous	1.5 g	†
L-Taurine (Micronized)	1 g	†
Selaginella Tamariscina Extract (Std. to 20% Amentoflavone [by HPLC])	200 mg	†
<b>Nitric Oxide Fatigue</b>	805 mg	†
<b>Fighting Support Matrix</b>		
L-Alpha Glycerol Phosphoryl Choline	150 mg	†
Vitamin C (as Ascorbic Acid)	300 mg	†
N-Acetyl-L-Cysteine	350 mg	†
Vinpocetine (Vinca minor/Periwinkle Extract)	5 mg	†
<b>Absorption Enhancer</b>		
Piperine (Black Pepper Extract)	5 mg	†
<b>V02 Max Support Matrix</b>	1.1 g	†
L-Carnitine L-Tartrate	1 g	†
Na-R-ALA	100 mg	†
† Daily Value not established		
<b>Other Ingredients:</b>		
Natural Flavors (Tapioca Powder, Silica, Grape Skin Extract), Calcium Silicate, Sodium Chloride, Sodium Gluconate, Sucralose, Acesulfame-K		
Manufactured in a facility that also processes egg, shellfish, fish, soy, peanuts, tree nuts and milk ingredients.		
¹ Licensed under one or more of U.S. Pat. Nos. 5,965,596, 6,426,361, 7,504,376 and 8,067,381, each of which is owned by Natural Alternatives International, Inc. (NAI). NAI is also the owner of the registered trademark CarnoSyn®.		

Pump and endurance benefits are well covered in this product.

- **Citrulline Malate** has plenty of known benefits, but is used mostly for nitric oxide pump[1] and muscular endurance.[2]
- **Beta alanine** as pH lactic acid buffer. This alleviates the lactic acid effect on muscular failure, meaning more endurance.[3]
- **Betaine Anhydrous**, the new best thing with yet-to-be-discovered benefits within or beyond the purposes of this matrix. Also known as trimethylglycine, benefits include increases in power, strength, performance and lean body mass.[4]
- **Glycerol Monostearate** and **L-Taurine** providing increased cellular hydration for the growing popularity of “water pump”.
- **Amentoflavone** sneaks in to complete the matrix as a unique vasodilator and strength booster and has been a hot new ingredient the past half year or so.

### • Nitric Oxide Fatigue Fighting Support Matrix

The Pump + Vaso Vol ingredients above are *already* sufficient as nitric oxide boosters. However, to be competitive, this nitric oxide support matrix falls in to ensure those benefits.

- **L-Alpha GPC** is used normally primarily for its nootropic (cognitive-enhancing) properties.[5] But for the use in this matrix, Alpha GPC ensures proper blood flow to the brain[6] and proper release of sugar for energy.  
*Note: This product contains 150mg of “active” Alpha GPC, not 50% yield as many other products contain.*
- **N-Acetyl-L-Cysteine** is an antioxidant to prevent damage due to liver stress, consistent with finding NAC in liver support and post cycle supplements.
- **Vitamin C**, in the case of N.O. support, strengthens arteries walls.
- **Vinpocetine**, like Amentoflavone, is also a PDE inhibitor; which increases cGMP (a molecule directly responsible for nitric oxide release). But just like Alpha GPC, it doubles as a popular stimulant-free cognitive enhancer as well.

### • Absorption Enhancer

**Piperine** (Black Pepper Extract) works with the intestinal tract to optimize absorption of any kind; ideal for any pre-workout.

- **V02 Max Support Matrix**

This matrix offers two ingredients that make for a great exchange of energy for maximum output.

- **L-Carnitine L-Tartrate** to promote fat release for energy [7], limit soreness and reduce recovery time [8].
- **Na-R-ALA**, as the *supreme* form of *Alpha Lipoic Acid*, to drastically reduce cell damage and also optimize nutrient absorption into the cell. This one is often not in pre workouts, and you might get a nice “carb pump” or feel tighter from it.



All of these ingredients are transparently dosed, an ongoing trend that we fully support and endorse. Note that most of these dosages are at 50% or more of the

clinically tested dosage, though. MegaTron's label instructs you to stick with one dose.

## The Doses

For instance,

- The citrulline malate dose is about half of the "certified" standard (we like either 6g of citrulline malate or 3g of L-citrulline straight)
- Beta alanine's standard clinical dose is 3.2g and this is at 2.6g – very good (and any more could get annoyingly tingly)
- Betaine's best researched dose in trained athletes is 2.5g *per day*, and we're at 1.5g here.

However, that does not necessarily mean MegaTron is not appropriately stacked to perform well. Other products have gone so far as to include some, but not all of what premium effective ingredients are seen here. Adding that element to the fact that those same products also do not possess even the same doses shown here.

Also, don't forget to get your daily creatine – this doesn't have any.

## Pre-Review Summary

MegaTron presents itself well as an all-purpose, non-stim pre-workout. When taken as instructed, a container may last 6-10 weeks. Throw in a cheap caffeine pill and you have a very solid stim-based product *with* focus ingredients already included.

At PricePLOW, the hopeful criteria for a pre-workout is \$1 per solid workout. MegaTron currently weighs in at \$1.12 per workout with our coupons. Considering some of the more costly ingredients, the slightly increased cost may be justified if it fits the user's specific goals.

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## References

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