

SNS GlycoPhase Turns Carbs into Gym-Smashing Pumps

written by Mike Roberto | August 8, 2018



SNS GlycoPhase may have just set the bar for glucose disposal agents / nutrient partitioners with some of the doses in here! It's meant for pre workout pump enhancement and *with carbs!*

Glucose Disposal Agents (GDAs) were originally brought to market to help us control our blood glucose, right? They're simple enough as general health supplements to understand. However, **SNS** (*Serious Nutrition Solutions*) flipped convention on its head with the re-launch of **GlycoPhase**, a GDA designed for optimal carb-driven *pumps* when lifting! Does this new formula demand a second look? Here's a hint: *everything* SNS does is worth a look.

The Premise

SNS are well-known for their "out-there" formulations that demand deep-dive research, like with *Reduce XT* or *Growth Factor XT*. GlycoPhase is no different than its brethren in the realm of innovation. It is also an easy-to-comprehend

formulation. GlycoPhase sets out to fulfil two distinct yet related goals: **glucose control** and **massive pumps**.

Interestingly enough, this is one of the few capsule-based pump formulations available on the mass market. Others can be *used* for that purpose, but this one is *meant* for it. While capsules can often limit serving sizes due to the constraints of the medium, GlycoPhase has a massive *four capsule serving* dose that surely overcomes the usual space-based limitations.

As always, compare prices below and sign up for SNS news and deal alerts because their products are always part of great sales – and then let's do the deep dive on the ingredients.

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Note: In the PricePlow tool above, we may show both the new formula (120 capsules) and the old formula (60 capsules). This post analyzes the 120 capsule new formula!

Ingredients

The dosages below represent a *four* capsule dosage, but as discussed below, we don't recommend diving right into a full dosage. We'll also *always* recommend GDAs like GlycoPhase with carbs.

- **Chromium (as chromium nicotinate glycinate chelate) (yielding 300mcg chromium)**

Supplement Facts:

Serving Size: **4 Veggie Capsules**

Servings Per Container: **30**

Ingredient	Amount per Serving	% DV*
Chromium (as chromium nicotinate glycinate chelate)	300 mcg	250%
Agmatine Sulfate	1,000 mg	**
Berberine HCl (from Phellodendron) (Phellodendron amurense Rupr.)(Bark)	500 mg	**
Bitter Melon Extract (Momordica charantia)(Fruit) (10:1)	500 mg	**
Banaba Leaf Extract (Lagerstroemia Speciosa) (Std. to 2% Corsolic Acid)	300 mg	**
Gymnema Sylvestre Extract (leaf) (std. to 25% Gymnemic Acids)	300 mg	**
Alpha Lipoic Acid	150 mg	**
Na-R-Alpha Lipoic Acid	100 mg	**
Saffron (Crocus Sativus) (Stigmas)	30 mg	**
Bioperine® (Piper nigrum, fruit) (standardized to minimum 95% piperine)	10 mg	**

Other Ingredients: Vegetable Cellulose (capsule), Magnesium Stearate, DiCalcium Phosphate, Titanium Dioxide

*% Daily Value based on a 2,000 calorie diet **Percent Daily Value Not Established

In one word: *Loaded!* Now you can see why this beast has four capsules if you take the full serving size (which we don't recommend until you're comfortable and eat a lot of carbs!)

Chromium, an essential mineral, is one of the OG GDA's. To be honest, PricePLOW is cool with chromium in these products, but we *always* want far more than just this. While there is research showing that chromium impacts blood sugar in diabetic populations, it is not as potent as the rest of the ingredients in the formula.[1] However, it is *extremely* well-tolerated and safe as a supplement. The dose here is formidable – we've seen far higher, we've seen far lower.

Chelated for better absorption

As the label states, this uses a *chelated* form that is bound to niacin and glycine molecules. We've discussed this in the past but it bears repeating – we love chelated minerals because our bodies are typically not great at absorbing them in their raw form. But our small intestines *are* great at absorbing amino acids like glycine! So if you bind the two, you get a better "carrier" into the body. This technology works for all kinds of minerals like zinc, iron, and yes, chromium!

Also worth noting is that you're getting 300mcg of *actual chromium* from this – not 300mcg total of the ingredient. You can tell this because chromium, as a mineral with a USRDA, is shown up at the *top* of the label, providing 250% of recommended daily value.

• Agmatine Sulfate (1000mg)

Agmatine is a genius inclusion in GlycoPhase – especially at this dose. Right here we can tell that this is a GDA designed for lifters.

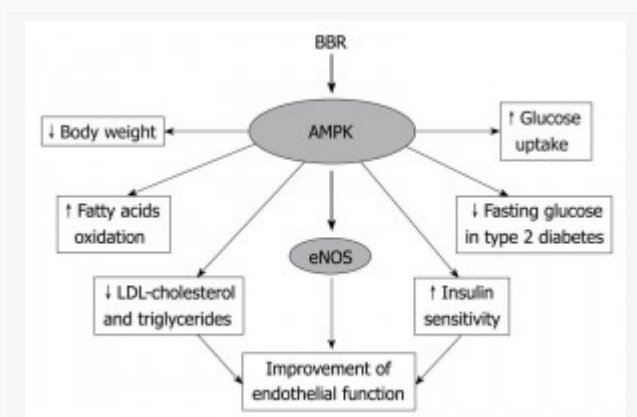


Agmatine is typically seen as a pump ingredient, as it prevents the breakdown of nitric oxide. For new readers, more nitric oxide means enhanced pumps when weight training. While our long-time fans may scoff at the use of agmatine over citrulline, agmatine has a unique advantage over citrulline in this formula: *it's effective at putting glucose in the right place.*[4]

How is it a GDA ingredient?

Agmatine works as a GDA via two distinct mechanisms. First, it can stimulate *imidazoline receptors*, proteins that can help reduce blood sugar content. Agmatine also drives up production of *beta-endorphins*. Beta-endorphins are neuropeptides that drastically improve the body's ability to push glucose into muscle tissue.[4-6]

- **Berberine HCl (500mg) (from Phellodendron Amurense Rupr. bark)**



Berberine is possibly the most underrated supplement in the world. It creates a fantastic series of metabolic reactions that every carb-user should know about.

Smashing dose of our favorite herbal GDA ingredient! Look out, now we know, taking four capsules is coming in *strong!*

Berberine is a wildly unique ingredient – as science has shown berberine to rival *pharmaceuticals* in potency. If you're interested in controlling blood sugar *outside* of using said pharmaceuticals (e.g. metformin)... berberine is the first place to look.

Thankfully, GlycoPhase is giving you a great dose of berberine per serving. At 500mg, you'll experience significant glucose shuttling with anti-inflammatory benefits as a bonus.[7-8]

- **Bitter Melon Extract (500mg) (Momordica charantia fruit 10:1)**

We love **bitter melon extract** and have given it praise everywhere we've seen it. Bitter Melon started off as a traditional "cure-all" herb in other cultures that eventually fell into the hands of the modern supplement industry. The industry then discovered three unique compounds in bitter melon: *charantin*, *vicine*, and *polypeptide-p*. [9] We will refer to these three compounds as the "**diabetic holy trinity**" from this point onwards.



This fascinating plant contains three epic compounds, *charantin*, *vicine*, and *polypeptide-p*. Image via Wikimedia.

In at least one trial, this diabetic holy trinity appears as effective as yet another antidiabetic medication (in this case, *tolbutamide*). It also may reduce glycogen formation in the liver while boosting glucose utilization.[10-11] This is a 10:1 extract, so it's strong, but we don't know what compounds SNS is specifically standardizing *for*.

- **Banaba Leaf Extract (300mg, standardized to 2% corosolic acid)**

Banaba is underrated as hell! There are multiple studies showing that Banaba extract is amazing at lowering blood glucose levels by inhibition of carbohydrate digestion.[12-13] The key component is corosolic acid, and we

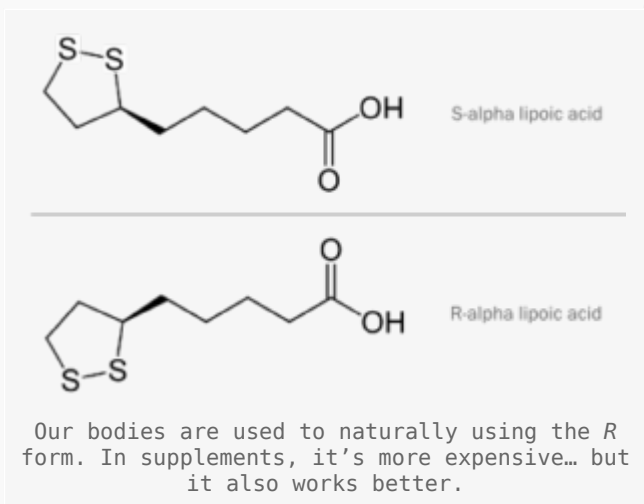
know we're getting 6mg of that specifically.

The only issue with banaba comes down to dosing... we do not fully understand what an ideal dose is just yet – especially in an extract! Compared to other GDAs, this is stronger than almost every single one we've researched and written about so far.

- **Gymnema Sylvestre Extract (300mg, standardized to 25% gymnemic acids)**

Gymnema is a traditional herb used in India that was an unexpected success when it popped up in the supplement industry. The best part of gymnema when compared to other ingredients is the extensive amount of literature illustrating its effects in humans.[14] The dose here is also solid. Like most of the ingredients in GlycoPhase, it works by helping the body to better absorb glucose from the blood.

- **Na-R-Alpha Lipoic Acid (100mg) and Alpha Lipoic Acid (150mg)**



We paired these two ingredients together as they are closely related. **Na-R-ALA** is the most bioavailable form of alpha lipoic acid on the market – but it's DAMN expensive. To keep the total dose of ALA high, SNS paired the Na-R-ALA with “normal” ALA. This strategy keeps the price down, which puts it in PricePLOW good graces (SNS *always* has some of the best deals around town, mind you).

On to the ingredient at hand, ALA reduces fasting blood sugar and appetite, while boosting overall energy expenditure. It is one of the most extensively studied ingredients in the formula,[15-19] although there's a ton of research on berberine and of course chromium too.

- **Saffron (Crocus Sativus) (Stigmas) (30mg)**



Widely used in *other* corners of the supplement industry, this is our *first* time analyzing a product with saffron in it! Why'd it take the sports nutrition segment so long? Image via Wikimedia.

Now this one is a difference-maker, and despite being lower on the label, was the first thing that caught our eye when giving it the once-over.

The **Saffron** content is what sets GlycoPhase apart from its competitors, since pretty much every major sports nutrition company has a GDA now. But none we've covered have this!

Saffron has been a highly recommended spice for diabetic patients for decades. It has an extensive body of research showing it works as a potent antidiabetic compound for a wide variety of patients. Athletes, the obese, and diabetics can likely all enjoy regular saffron consumption.[20]

- **Bioperine (10mg, standardized to 95% piperine)**

You know it, you love it! Bioperine is a black pepper extract standardized for *piperine* that increases the bioavailability of other compounds in a product. When it's in powdered form, we often see 5mg (any more than that gets too "peppery"), but since we have *capsules* here, SNS can make a bigger play. It goes without saying that BioPerine is a welcome addition to GlycoPhase, especially since piperine's enhancement was with other herbal ingredients, of which there are *plenty* here.

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Dosage

As *always*, GDAs like GlycoPhase are meant to be taken with *carbohydrates!* Lots of em!



Carb up, folks!!

Our “general” recommendation is that you’ll want at least about 20 carbs per capsule you use, and you should *never* use the full GDA dosage right away. We’d start with 1-2 caps the first time along with 50+ carbs in your pre workout meal, and then go train and see how the pumps work out. Some people may want (or are used to) more carbs than that – if that’s the case, carb up! Just start the GlycoPhase capsule dosage low and decide from there.

In general, you take the GDA with your first bite of food so that you don’t forget one or the other.

The only *real* way to assess is with a glucometer, a measurement device well worth having. Until then, consider the above to general guidelines that have worked for *us*, but everyone’s different and we welcome your dosing strategies in the comments below.

Conclusion: GlycoPhase is for real

As it stands, SNS is in the running for the best glucose disposal agent on the market, and there's been some *great* ones out lately. This hits so many checkboxes, it's understandable why there's four capsules in a full serving dose.



SNS crushed it with this formula!!

GlycoPhase can tear its own niche out of these amazing contenders by providing pumps *alongside* the glucose control. If you pair it with enough simple and complex carbs as well as fluid, the pump could literally last for hours, and this will be much different than your traditional nitric oxide or glycerol style pump.

Using it as a pre-workout meal workout enhancer makes GlycoPhase "funner" than the other GDA's on the market. If you're into the carb modification and biohacking game, we **highly** recommend you try GlycoPhase, along with SNS' other well-dosed products. We'll be testing this one out with the blood sugar numbers for sure!

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