

# Sparta Nutrition Kraken PUMP – Release the Pre Workout Pumps!

written by Mike Roberto | October 18, 2017



Sparta Nutrition is releasing the pumps with the release of its stimulant-free pre workout supplement, **Kraken Pump**.

**Sparta Nutrition** has been one of the hottest young companies since first breaking on the scene with their hit high-energy and pump pre workout supplement, Kraken. Over the past year, the company has undergone some big changes, and with that, we've seen some interesting and well-dosed formulas, most recently in their intra workout Hydra8 BCAA and the delicious coffee-flavored morning fat burning drink, HydraShred.

The team built to help you "seize your glory" are back again, and this time, they're ready to unleash *another* Kraken, but with no stimulants. **Kraken Pump** is a stimulant-free, pump boosting pre workout sure to help even the most nitric oxide-deficient individual get a massive pump!

And one unique thing that not enough brands have done? It optionally comes in an

unflavored version in case you just want to add it to your existing pre workout! But you know we're all about that Bombsicle...

All the details on this stim-free pump monster are ahead, but first, take a moment to check the best deal and sign up for alerts on PricePLOW:

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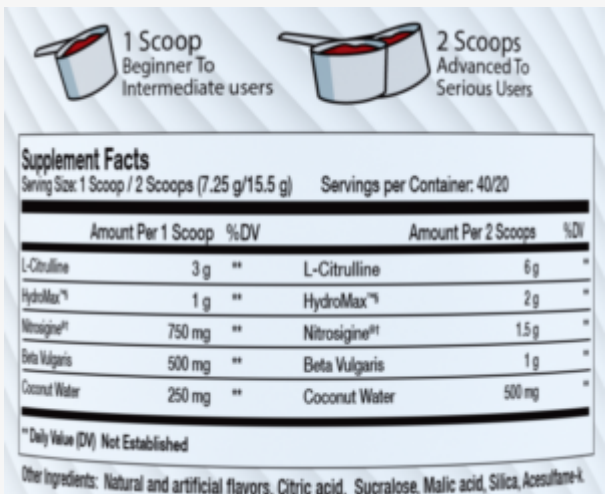
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## Kraken Pump Ingredients

Kraken Pump includes a list of ingredients to enhance your pumps from multiple fronts – increasing nitric oxide via two different ways and improving cellular hydration. At one scoop Kraken Pump is impressive, but at two scoops (the ideal serving!) you'll have a pump experience that may give the best pumps on the market!

*Note: Doses listed below are based on one serving (i.e. one scoop).*

- **L-Citrulline (3g)**



1 Scoop  
Beginner To  
Intermediate users

2 Scoops  
Advanced To  
Serious Users

Supplement Facts				
Serving Size: 1 Scoop / 2 Scoops (7.25 g/15.5 g)		Servings per Container: 40/20		
	Amount Per 1 Scoop	%DV	Amount Per 2 Scoops	%DV
L-Citrulline	3 g	**	L-Citrulline	6 g **
HydroMax™	1 g	**	HydroMax™	2 g **
Nitrosigine®†	750 mg	**	Nitrosigine®†	1.5 g **
Beta Vulgaris	500 mg	**	Beta Vulgaris	1 g **
Coconut Water	250 mg	**	Coconut Water	500 mg **

\*\* Daily Value (DV) Not Established

Other Ingredients: Natural and artificial flavors, Citric acid, Sucralose, Malic acid, Silica, Acesulfame-K

Kraken Pump is extremely well dosed at one scoop, but going full bore with 2 scoops is what the arm days of legend are made of.

Sparta's original Kraken pre workout was known for two things, intense energy thanks to whopping doses of Eria Jarensis and DMHA and monster pumps thanks to a plethora of nitric oxide boosting ingredients. Kraken Pump continues that trend of supporting significant nitric oxide (N.O.) production with a heaping 3g serving of pure **L-Citrulline** in each scoop.

Citrulline is a non-essential amino acid proven to be more effective, and more bioavailable, than L-Arginine, the oldtimer's pump ingredient of choice.[1,2] Greater NO output brings with it increased blood flow to working muscles, which supplies fresh nutrients to them, removes metabolic waste, increases vascularity, and yields one massive pump!

Since the stim-based Kraken already had a serious 4g dose of L-Citrulline, 3g here makes sense for the stack, so let's see what else is going to mix in:

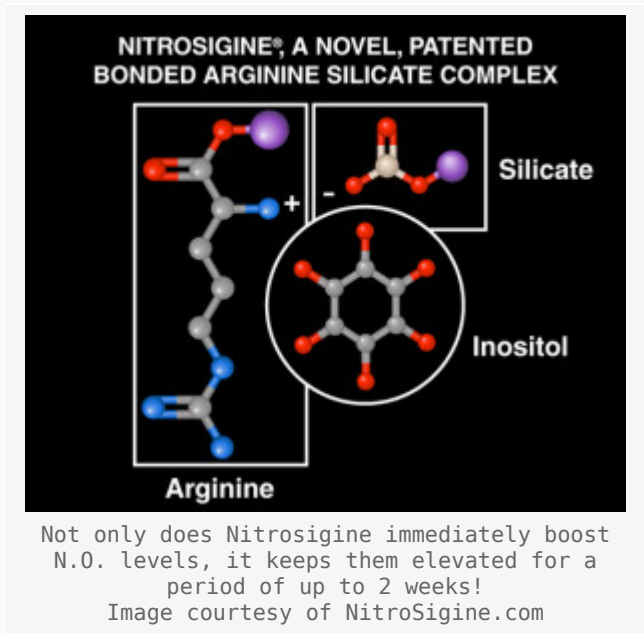
- **HydroMax (1g)**

Also featured in the original Kraken pre workout was the cell-volumizing, hydration-boosting, glycerol ingredient **HydroMax**. Compared to glycerol monostearate (GMS), which only offers around 25% glycerol by mass (at most), HydroMax contains 65% *glycerol* by weight, giving you significantly more per serving.

Glycerol saturates your muscles with water by encouraging them to soak up additional water. This has the two-fold effect of increasing hydration (leading to better endurance) as well as giving you some pretty nice water-based pumps too! You'll also experience significantly reduced cramping and fatigue thanks to the extra water your muscles are holding.[3,4]

The one tip: drink plenty of water with Kraken Pump to get the full effects of this ingredient!

- **Nitrosigine (750mg)**



Orally ingested, standard L-arginine was pretty much shown to be useless for boosting nitric oxide levels, until **Nitrosigine** came into existence. Nitrosigine is an enhanced form of Arginine comprised of *inositol-stabilized arginine silicate* that gained notoriety when it was shown to increase N.O. levels in the body both acutely and for a time period of up to 2 weeks post supplementation.[5]

At 750mg / scoop, you'll need to go with the 2 scoop serving size to get the full clinically-backed dose of 1500mg,[6] which is where the effects *really* start to show up!

- **Beta Vulgaris (500mg)**

**Beta Vulgaris** (*beet root*) is a great "supporting" N.O. booster thanks to its high nitrate content.[7] Nitrates increase nitric oxide production via the nitrate-nitrite-nitric oxide different pathway, which is different than the citrulline/arginine one.

Nitrates are powerful nitric oxide enhancers, but they're also extremely useful performance maximizers too since they improve blood flow,  $VO_2$  max, and oxygen utilization.[8,9]

We're fans of beetroot, but in general, the ingredient is nice "add on" pump ingredient. The issue is that beetroot extracts are all over the place with nitrate standardizations, and the amount of powder you'll need is usually much more than is included in pre workouts. Ultimately it comes down to how much nitrate was standardized out of this powder, and that we don't know and will just need to put CJ on a nasty arm day to find out!

- **Coconut Water (250mg)**

Coconut water is naturally rich in potassium, a valuable electrolyte that plays a key role in muscle function. Including coconut water ensures your body's hydration and electrolyte levels are always topped off, so you're never at risk for dehydration while training, thus reducing your performance and water-fueled pumps.

## On the Formula

*" Kraken Pump was formulated with one purpose in mind: **the pump**. If you're looking for an unreal pump, taking a stim break, lifting and night and want to go to bed, or just want to enhance your KRAKEN experience, it's time to add Kraken Pump to your pre-workout stack.*

*Clinically dosed with the absolute best, Kraken Pump is simplicity done ridiculously right. Kraken Pump features 6 grams of L-Citrulline, 2 grams of HydroMax, 1.5 grams of Nitrosigine, 1 gram of Beta Vulgaris, and tied together with 500mg's of Coconut Water. Simply put, it's pump city.*

*Kraken Pump can be used with Kraken for the ultimate pre-workout experience, or on its own as the ultimate non-stimulant based option. Kraken Pump will enhance pumps, induce skin splitting veins, and aid with performance."*

*– Mo Khawaja, Founder of Sparta Nutrition*

## Flavors Available



Kraken Pump comes in three delicious flavors, as well as an unflavored option, to suit any palate and pre workout flavor.

Sparta Nutrition has been stepping up its flavoring games as of late, which means you should be in store for some more tasty pre workout options with Kraken Pump. In total, Sparta's new stim-free pump supplement will come in **4 different flavors**:

- **Bombsicle**
- **Rainbow Candy**
- **Sour Gummy Bear**
- **Unflavored**

## Takeaway

The Kraken has found its mate!

Kraken Pump has all the makings of an effective stim-free, nitric oxide boosting pre workout. Enhancing your pumps from multiple fronts, couple with the open label, makes Sparta Nutrition's newest pre workout a must try venture.

We've got some on the way, so be sure to tune in when we post the full-blown review on our YouTube channel!

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