

TRUWILD Motion: A Pre-Workout That Fuels Your Outdoor Adventures

written by Mike Roberto | October 22, 2020



TRUWILD was founded in 2017 by two guys – Zac and Nathan – who found their passion for pursuing wild outdoor adventures and creating products that would fuel their everyday activities. The idea for TRUWILD came about when Zac and Nathan discovered that there were few high-quality supplements formulated specifically for the outdoor athlete.

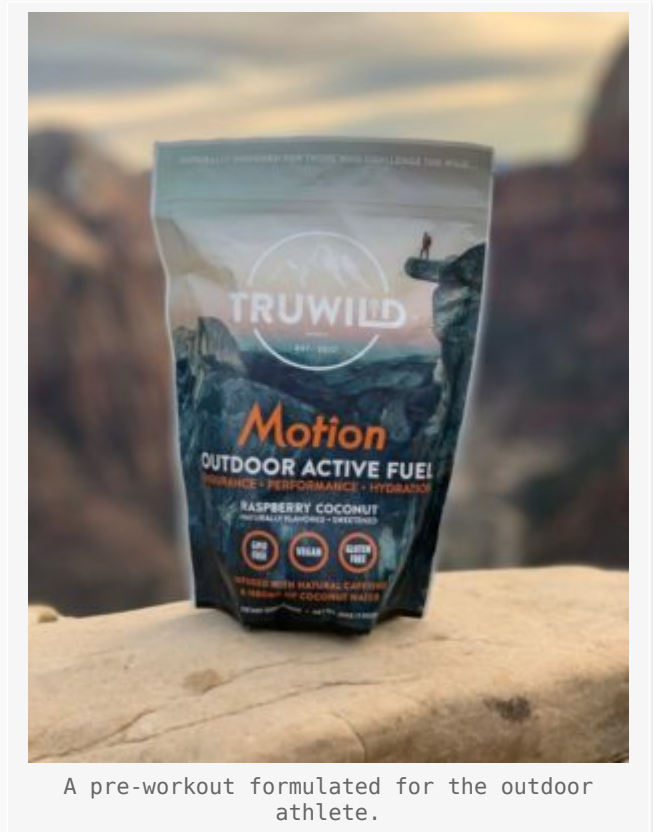
After the guys tested several high-stimulant pre-workouts for themselves, they just felt fatigued, dehydrated, and were unable to perform at their peak. So they set out on a mission to formulate supplements that would not only be suitable for their activities but also help other outdoor athletes maximize their full potential.

“At TRUWILD, our goal is to help outdoor athletes maximize their passion. Our products have the perfect combination to provide energy, endurance, rehydration, gut health, immune support, and recovery needed to challenge the outdoors and turn it into a thrilling playground. Stay wild for life!”

– TRUWILD

TRUWILD prides itself on formulating effective nutritional supplements that are supported by science and made with premium all-natural ingredients. Some of TRUWILD’s ingredients were discovered by Zac and Nathan while engaging in outdoor adventures around the world, in places like Peru, Patagonia, and Tanzania. It’s obvious that the partners live and breathe what TRUWILD stands for. They make sure their supplements actually deliver results by putting them to the test in the field, whether that’s hiking a mountain, surfing a wave, or cycling the streets.

TRUWILD Motion: A Pre-Workout Built for Outdoor Athletes



TRUWILD offers sports nutrition products that either help you recover, stay hydrated, or perform, such as *Hydrate*, *Baselayer*, and *Wild Greens*. One of TRUWILD’s best selling products is *Motion*, a plant-based pre-workout that’s non-GMO, gluten-free, vegan-friendly, and naturally sweetened and flavored.

Motion was formulated to boost endurance, performance, hydration, and help athletes stay outdoors longer. It uses three sources of natural caffeine to quickly boost energy levels and keep them elevated for hours. Furthermore, *Motion* has five trademarked ingredients, a comprehensive electrolyte blend, and more. After taking *Motion*, you should be able to push past your boundaries and conquer the great outdoors.

Keep reading for more information about *Motion* and sign up for TRUWILD news and deal alerts so you can get notifications when new products, flavors, and sales are available!

TruWild Motion – Deals and Price Drop Alerts

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TRUWILD Motion Ingredient Analysis

Motion's supplement facts panel is split up into five major categories:

- Extended Endurance
- Hydration & Recovery
- V02 Max Support
- Natural Energy
- Recharge Electrolytes
- Absorption

For this ingredient analysis, we're going to do the same! However, if you look closely at the supplement facts panel, you'll notice that some ingredients are part of a proprietary blend. This means that you don't know the exact dosages of every ingredient. Fortunately, Zac sent us the fully-disclosed label to share with our readers, thus we'll be listing the dosages for each ingredient included in Motion!

Here's what one serving (11 grams) of Motion contains:

Extended Endurance – 6,700mg

- **Isomaltulose (Palatinose) – 3,150mg**

SUPPLEMENT FACTS

Serving Size: 1 scoop (11g / 0.38oz)

Servings per Container: 20

	Amount per Serving	%DV
Calories	30	**
Total Carbohydrate	9g	3%
Sugar	2g	
Included 0g Sugar Added		
Vitamin C (from Ascorbic Acid)	120mg	130%
Riboflavin (as Riboflavin)	2mg	160%
Niacin (as Niacin)	20mg NE	125%
Vitamin B6 (as Pyridoxine Hydrochloride)	5mg	290%
Vitamin B12 (as Methylcobalamin Dicalcium Phosphate)	50mcg	2,080%
Chloride (as Sodium Chloride, Potassium Chloride, Coconut Water Powder)	100mg	4%
Potassium (from Coconut Water Powder, Potassium Chloride)	116mg	2%
Extended Endurance Isomaltulose (Palatinose™) L-Citrulline DL-Malate, L-Taurine, L-Arginine Base, Beet (Beta vulgaris) Root (1% Nitrate) Extract	6,700mg	**
Hydration & Recovery Covico™ Coconut Water Pwd (1000mg) Pomegranate (Punica granatum) Pericarp Extract	1,050mg	**
VO2 Max Support [Cordyceps (Cordyceps militaris) Powder, Reishi (Ganoderma lucidum) Powder, King Trumpet (Pleurotus eryngii) powder, Shiitake (Lentinula edodes) Powder, Lion's Mane (Hericium erinaceus) Powder, and Turkey Tail (Trametes versicolor Powder)] (Organic) (PEAKO2®)	1,000mg	**
Natural Energy (160 mg of Natural Caffeine) Natural caffeine (from Green Coffee Bean) (VegSurge®), L-Theanine, Green Tea (Camellia sinensis) Leaf Extract, Yerba Mate (Ilex paraguariensis) Leaf Extract	295mg	**
Recharge Electrolytes Sodium Chloride, Potassium Chloride, Himalayan Pink Salt	185mg	**
Absorption Black Pepper (Piper nigrum) Fruit Extract (BioPerine®)	5mg	**

*Percent Daily Value based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Motion is packed with everything you need to stay outdoors longer.

Palatinose is a trademarked form of isomaltulose that was developed by Beneo. Palatinose is simply a carbohydrate, which is part of the reason why Motion contains around nine grams of carbohydrates and 30 calories per serving. Unlike other types of carbs, Palatinose is unique in that it's naturally sourced, low-glycemic (meaning that it won't drastically spike insulin levels), and improves fatty acid oxidation during exercise.[1,2]

A study published by *Nutrients* found that cyclists who consumed Palatinose, as opposed to maltodextrin, had more stable blood glucose levels, higher fat oxidation, and improved performance. The researchers attribute these results to the low-glycemic profile of Palatinose.[1]

Palatinose is created by extracting sucrose from sugar beets and enzymatically rearranging the bond between glucose and fructose[2]. Palatinose is 100% vegan, kosher, halal, and non-GMO.[2] So not only does Palatinose help add sweetness to Motion, but it also helps increase performance by boosting fatty acid oxidation and preserving glycogen stores.

- **L-Citrulline DL-Malate – 1,500mg**

The extended endurance blend contains a 1:1 ratio of **L-citrulline** to **DL-malate**. Many readers may think that this is an extraordinarily low dose of citrulline malate. But depending on what outdoor activity you're partaking in, it's likely just enough. L-citrulline and citrulline malate are typically included in pre-workouts at dosages between 3 to eight 8, for the intended

purpose of increasing muscular pumps.[3]



Citrulline is a potent nitric oxide booster, which causes blood vessels to expand, allowing the delivery of more nutrients, oxygen, and blood to working muscles.[3] High doses of citrulline may be great for getting massive pumps in the gym, but it's likely not so great for outdoor athletes depending on their activity

For some, too much blood flow sent to the forearms can negatively impact your performance, by impacting their ability to grip onto various objects for extended periods of time. For example, rock climbing would be more challenging with pumped-up forearms. So, Zac and Nathan decided to add in just enough citrulline to provide a slight boost in nitric oxide levels.

Furthermore, TRUWILD opted to use citrulline malate, as opposed to pure L-citrulline, because malic acid plays a crucial role in adenosine triphosphate (ATP) production via the citric acid cycle.[3] Overall, the main reason Motion contains citrulline malate is not for the pumps, but rather, the energy boost and nutrient delivery that are crucial for endurance events.

- **L-Taurine – 1,500mg**

L-Taurine is classified as a conditionally essential amino acid, meaning that under extreme circumstances (e.g. intense exercise or illness), supplementation can be very beneficial.[4] Taurine is highly concentrated in the brain, muscles, eyes, and organs. It takes on several important roles in the body, especially in the central nervous system.[4]

Taurine is typically touted for its health benefits. However, a recent meta-analysis published by the journal *Sports Medicine* revealed taurine's endurance-boosting potential. The study found that taking anywhere from 1 to 6 grams of taurine significantly increases endurance for active individuals.[5]

Taurine is involved in calcium signaling, bile salt formation, and osmoregulation. Therefore, researchers theorize that taurine's endurance-enhancing properties may be attributed to its ability to maintain calcium levels in bones and cardiac muscle.[5] Calcium is required for all muscular contractions, so it's a sound theory.

- **L-Arginine – 500mg**



Get out and ride with TRUWILD Motion.

To complement increased nitric oxide production from citrulline malate, Motion has 500 milligrams of **L-arginine**. Arginine is an amino acid that serves as a direct precursor to nitric oxide production.[6] Citrulline, on the other hand, must be converted into arginine before it can be turned into nitric oxide by an enzyme called nitric oxide synthase.[6]

We're typically not huge proponents of arginine on its own since arginine it has fairly poor bioavailability,[6] We prefer instead a larger dose of citrulline. However, a few preliminary studies have shown that using a combination of L-citrulline and L-arginine increases plasma arginine and nitric oxide levels more than each in isolation.[7-9]

One study, in particular, found that when participants supplemented with both L-arginine and L-citrulline before a bicycle exercise test, they experienced less soreness and fatigue, and increased power output.[9] There's a synergistic effect between citrulline and arginine. We would like to see more research conducted on this topic, especially in regards to endurance

activities.

- **Beet (Beta vulgaris) Root (1% Nitrate) Extract – 50mg**

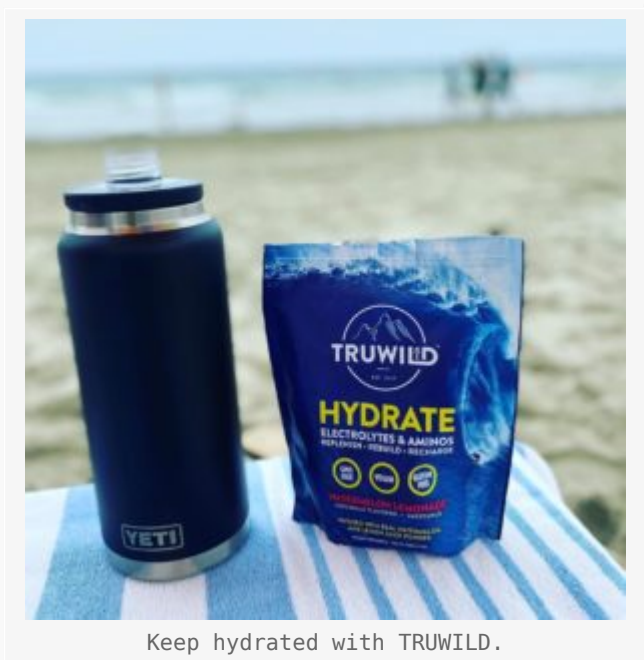
The last ingredient in the Extended Endurance blend is 50 milligrams of **beet root extract**, also known as Beta vulgaris. As you can see from the label, TRUWILD uses a beet root extract that's standardized to contain 1% nitrates. It turns out that beet roots are naturally rich in inorganic nitrates (NO₃-), which is yet another way to increase nitric oxide levels and blood flow.[10,11]

Instead of increasing nitric oxide levels through raising plasma L-arginine, dietary nitrates are converted into nitrites by nitrate reductase enzymes.[10] Then, the nitrites are converted into nitric oxide by the stomach.[10] Since beet root extract, L-arginine, and citrulline malate all work through slightly different mechanisms, in theory, they work synergistically to increase blood flow, oxygen, and nutrient delivery.

Hydration & Recovery – 1,050mg

- **Covico Coconut Water Powder – 1,000mg**

The second trademarked ingredient in Motion is **Covico coconut water powder**. It's a great way to kick off the Hydration & Recovery blend. Coconut water powder is rich in electrolytes, making it very effective at promoting hydration.[12,13]



Keep hydrated with TRUWILD.

One study found that coconut water increases total body hydration to a similar

extent as a carbohydrate-electrolyte containing beverage, but without causing gastrointestinal upset.[12] The same study also found that it was easier for participants to consume coconut water in large quantities than plain water or the carbohydrate-electrolyte beverage, which helps further promote hydration.[12]

Considering this pre-workout is designed for the outdoor athlete, one who may be exercising in extreme conditions, we're glad to see that TRUWILD places such a major emphasis on hydration. The majority of pre-workouts on the market fail to properly address hydration, which is essential for optimal performance. Coconut water powder is an underrated ingredient in the sports nutrition industry, but we like that more brands are realizing its potential.

- **Pomegranate (*Punica granatum*) Pericarp (4:1) Extract – 50mg**

Pomegranate pericarp extract helps promote recovery. Pomegranates are rich in polyphenols and possess numerous health benefits. They've been shown to be beneficial for treating high cholesterol, high blood pressure, hyperglycemia, oxidative stress, and inflammatory conditions.[14]

In terms of boosting recovery, a randomized controlled trial published in *PLOS ONE* found that pomegranate extract decreased pain and soreness, accelerated recovery, and improved performance in elite weightlifters.[14] We rarely see pomegranate included pre-workouts, or any sports nutrition supplements for that matter, so it helps Motion stand out. Being able to properly recover is arguably the most important factor for progressing in any activity, whether it's on the trails or in the gym.

V02 Max Support – 1,000mg

- **Peak02 (*Cordyceps militaris* (Cordyceps), *Ganoderma lucidum* (Reishi), *Pleurotus eryngii* (King Trumpet), *Lentinula edodes* (Shiitake), *Hericiium erinaceus* (Lion's Mane), and *Trametes versicolor* (Turkey Tail) – 1,000mg**



The third trademarked ingredient is Motion is **Peak02**, an adaptogenic mushroom blend of cordyceps, reishi, ting trumpet, shiitake, lion's mane, and turkey tail.

Peak02 was developed by Compound Solutions, a leading ingredient supplier in the sports nutrition industry. The blend was created to help users adapt to both physical and mental stressors so they can continue to progress.

Research shows that Peak02 increases overall work capacity by boosting oxygen uptake and reducing lactic acid accumulation. It's the only ingredient in the V02 Max Support section.[15]

A study conducted by researchers at the University of North Carolina found that Peak02 improved subjects' V02 max, time to exhaustion, and power output.[15] For those who could live without the tingles caused by beta-alanine, but still want to boost endurance, Peak02 is a great alternative.

Natural Energy – 295 mg (160mg Natural Caffeine)

- **Natural Caffeine (from Green Coffee Bean) (as VegiSurge) – 150mg**

We've covered caffeine countless times on the blog, but this is the first time we're writing about **VegiSurge**. In total, Motion contains 160 milligrams of caffeine from two separate sources with VegiSurge up a majority of the caffeine content.

For some people, 160 milligrams of caffeine may seem low. For Zac and Nathan, after trying several high-stimulant pre-workouts, they discovered that outdoor athletes don't need more than 300 milligrams of caffeine to perform well. Plus, consuming high amounts of stimulants can lead to unwanted side effects, such as jitters, anxiety, and nervousness.

VegiSURGE[®]
NATURAL CAFFEINE

A natural source of caffeine derived from green coffee beans.

VegiSurge is natural caffeine anhydrous that's derived from either green coffee beans or green tea. As you can see from the label, Motion uses green coffee beans.[16] VegiSurge was created by Anderson Advanced Ingredients and is standardized to contain 99% caffeine content.[16]

TRUWILD decided to use natural caffeine over a synthetic source to avoid a rapid spike, and then crash, in energy levels. They want you to feel energized for an extended period, so natural caffeine is the most optimal form.

Caffeine is a powerful stimulant that carries out its effects by acting as an adenosine and phosphodiesterase antagonist.[17] Caffeine also increases fatty acid oxidation.[17] A systematic review published in the *Journal of Strength and Conditioning Research* found that caffeine is an effective and safe ergogenic aid for endurance athletes.[17]

- **L-Theanine – 75mg**



Get your veggies in with the help of TRUWILD Greens.

L-theanine is an amino acid derivative of glutamine and glutamate. It's naturally found in tea leaves and mushrooms. Theanine is most known for its calming and relaxing properties, but without inducing drowsiness.[18,19] Thus,

theanine can be used in a variety of supplements, from pre-workouts to sleep-aids.

TRUWILD pairs caffeine with theanine in Motion because research shows that the compounds work synergistically to boost focus, alertness, cognitive function, accuracy, and processing speed.[18,19] Theanine can also increase dopamine production, which is a key neurotransmitter responsible for your sense of well-being, reward, motivation, mood, and pleasure.[20]

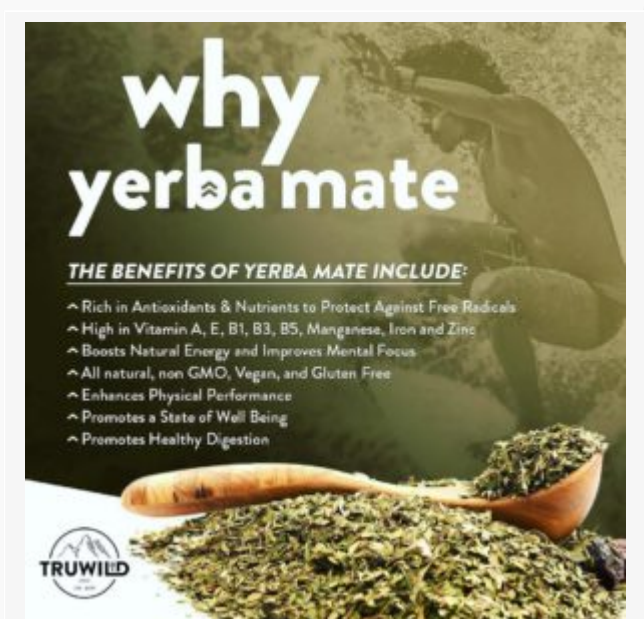
- **Green Tea (*Camellia sinensis*) Leaf Extract – 50mg**

Green tea has several health-boosting properties, such as anti-cancer, anti-inflammatory, antibacterial, antiarthritic, antioxidative, antiviral, neuroprotective, antiangiogenic, and cholesterol-lowering effects.[21,22] The health benefits associated with green tea consumption are attributed to its rich polyphenol content. Green tea's main bioactive constituent is epigallocatechin-3-gallate (EGCG).

Studies have shown that EGCG has potent anti-diabetic and anti-obesity properties because it helps increase daily energy expenditure, thermogenesis, and fat oxidation.[21,22] Green tea leaf extract also contains a small amount of caffeine, theanine, phenolic acids, and theaflavins, which further contribute to its energy-boosting properties.[22]

Green tea carries out its effects through several mechanisms. But mainly, it inhibits the catechol-o-methyl-transferase (COMT) enzyme that breaks down norepinephrine.[22] Norepinephrine, also known as noradrenaline, is a neurotransmitter involved in the sympathetic nervous system, which is highly active during exercise.

- **Yerba Mate (*Ilex paraguariensis*) Leaf (20% Caffeine) Extract – 20mg**



Motion is one of the few pre-workouts on the market with Yerba Mate.

The last ingredient in the Natural Energy blend, **yerba mate leaf extract**, is standardized to contain at least 20% caffeine, making it a partial contributor to the total caffeine content. Yerba mate is extracted from the leaves of the *Ilex paraguariensis* tree found in parts of South America.

The leaves naturally contain caffeine, along with saponins, polyphenols, and xanthines. Several studies have examined yerba mate's metabolic effects and have shown that it significantly increases fatty acid oxidation during exercise.[23,24]

A study from the journal *Medicine and Science in Sports and Exercise* found that when trained cyclists supplemented with yerba mate extract they experienced improvements in overall performance, power output, and great levels of fat utilization during submaximal exercise.[24]

Another study from the journal *Nutrients* reported that yerba mate improves subjects' metabolic rates, mood, and satiety at rest and during prolonged exercise.[23] Needless to say, there's plenty of research to support yerba mate's benefits and, yet, we rarely come across this ingredient in a typical pre-workout.



Push past your boundaries with Motion.

Recharge Electrolytes – 185mg

- Sodium Chloride – 80mg
- Potassium Chloride – 80mg
- Himalayan Pink Salt – 25mg

In addition to the coconut water, which naturally contains electrolytes and promotes hydration, TRUWILD uses a combination of **sodium chloride, potassium chloride, and Himalayan pink salt** to ensure you stay hydrated. Both sodium and potassium are essential minerals for carrying out muscular contractions and nerve impulses.

More often than not, pre-workouts have additional sodium but don't contain potassium, which isn't ideal because an imbalance in sodium and potassium levels can cause muscle cramping and inhibit performance. Thus, TRUWILD uses a 1:1 ratio of sodium to potassium.

Motion is one of the few pre-workouts on the market that contains Himalayan pink salt. Not only does it contain a good amount of sodium, but it also has other important trace minerals, such as potassium and magnesium. Moreover, Himalayan pink salt may enhance digestion by stimulating the release of hydrochloric acid in the gastrointestinal tract.

Absorption

- Black Pepper (Piper nigrum) Fruit Extract (BioPerine) – 5mg



**why
black pepper**

THE BENEFITS OF BLACK PEPPER INCLUDE:

- ~ Enhances the Bioavailability of Vital Nutrients, Electrolytes & Herbs
- ~ Rich Source of Minerals like Copper, Manganese, Phosphorus & Iron
- ~ Reduces the Bodies Inflammation in Muscles and Joints
- ~ Supports Healthy Digestion and Nutrient Absorption
- ~ All Natural, Non GMO, Vegan, and Gluten Free
- ~ Supports Healthy Lung Function

TRUWILD

Increase the effectiveness of your pre-workout with black pepper.

The fifth and final trademarked ingredient in Motion is **BioPerine**, a potent black pepper fruit extract that's standardized to contain at least 95% piperine.

BioPerine is added to a variety of supplements to enhance bioavailability, absorption, and effectiveness. BioPerine's absorption-boosting properties are attributed to its high piperine content.

BioPerine has been shown to increase the uptake of herbal extracts, vitamins, antioxidants, minerals, and amino acids.[25]

The extract's possible mechanisms of action include increased blood flow to the gastrointestinal tract, enhanced emulsifying content in the gut, and increased active nutrient transport.[25] TRUWILD wants you to get the most out of Motion, so adding 5 milligrams of BioPerine was a good decision.

TRUWILD Motion Flavor Variations

Motion is naturally flavored and sweetened with a combination of stevia leaf extract and monk fruit extract. So for those who prefer products with natural sweeteners over artificial versions, Motion is a great option. Motion comes in light and refreshing flavors that are inspired by the outdoors, such as *coconut raspberry*, *kiwi-melon*, and *pineapple mango*.

Here's an updated list of all available flavors for TRUWILD Motion:

Fuel Your Wildest Adventures with TRUWILD

If you're an outdoor enthusiast who has a hard time finding a natural sports nutrition product to fuel your adventures, look no further than TRUWILD. **Motion** is a well-formulated pre-workout that has everything you need to stay outdoors for longer and perform at your peak. Based on the formula, we would argue that Motion is built more for the endurance outdoor athlete who needs an extra kick to fuel his or her intense and prolonged training sessions.

"TRUWILD is about maximizing your true potential, using natural whole-food ingredients from the wild, while appreciating the outdoors and turning it into our playground."

-TRUWILD

PricePLOW is honored that TRUWILD allowed us to fully disclose Motion's supplement facts panel and educate our readers on what makes this pre-workout and the brand so different from the rest of the sports nutrition industry. The majority of our content is mainly focused on supplements that boost performance in a gym setting. So it's nice to highlight a different type of athlete, one who has needs, unlike the average gym bro or gal.

It's very apparent that Motion is just one piece of what TRUWILD has to offer, so be sure to head over to Truwild.com to see their full inventory of products! Subscribe below for more TRUWILD news, reviews, interviews, and deals from PricePLOW.

TruWild Motion – Deals and Price Drop Alerts

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