

# VMI Sports Aminogex Ultra – Not Your Standard BCAA

written by Mike Roberto | September 20, 2017



A while back, we introduced you to **VMI Sports** and their high-stim pre workout K-XR. On that note, if you haven't used K-XR yet and you love your caffeine, then it's a *must-try* high-energy pre workout – some of it's the smoothest-feeling 400mg of caffeine we've ever felt. Anyway, we've been tracking things behind the scenes at VMI and the brand has exploded in popularity over the past year.

Today, we've got the brand's latest release – an intra workout / BCAA supplement.

**Aminogex Ultra** is the newest supplement from VMI that looks to not only deliver a stout dose of BCAAs, but also enhance your strength, performance and hydration.

Given how good the *Miami Vice* flavor of K-XR tastes, we have huge hopes that VMI came through again on the flavoring department, so expectations are high here!

We've got all the details right below, but before we get there, take a moment to check the best deal and sign up for alerts from PricePLOW:

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## Aminogex Ultra Ingredients

As we mentioned up top, Aminogex Ultra has a little something extra to offer than your typical 5g dosed BCAA supplement you usually see at the store. This one's got the BCAAs, but also half your daily serving of Betaine for increased strength, and a full complement of minerals and electrolytes to support hydration and endurance for better overall performance.

- **InstAminos (7g)**

SWEET ICED TEA		
SUPPLEMENT FACTS		
Serving Size: 1 Scoop (11.2g)		
Servings Per Container: 30		
	Amount Per Serving	%DV
Vitamin B6 as pyridoxine HCl	25mg	1250%
Vitamin B12 as methylcobalamine	30mcg	500%
Instantized BCAAs (as InstAminos™)	7g	†
L-Leucine	3.5g	†
L-Isoleucine	1.75g	†
L-Valine	1.75g	†
Betaine (Trimethyl Glycine)	1.25g	†
Magnesium Glycinate Glutamine Chelate (MGG by Albion™)	400mg	†
Potassium Glycinate (TRAACS® by Albion™)	50mg	†
Magnesium Glycinate (TRAACS® by Albion™)	50mg	†
Calcium Glycinate (TRAACS® by Albion™)	50mg	†
Sodium Chloride	50mg	†
Percent Daily Values Based on a 2,000 Calorie Diet		
*DAILY VALUE (DV) NOT ESTABLISHED		
<b>Other Ingredients:</b> Maltodextrin, Malic Acid, Natural and Artificial Flavors, Silicon Dioxide, Citric Acid, Sucralose		

Aminogex Ultra is packing a stout 7g dose of 2:1:1 BCAAs alongside betaine and a whole host of essential electrolytes.

**InstAminos** are a patented BCAA blend from ingredient powerhouse *Compound Solutions*. Unlike many other BCAAs in supplements, **InstAminos aren't made from horsehair or duck feathers, they're vegan-friendly** and free of GMOs, soy and allergens.

Aminogex Ultra contains a 2:1:1 ratio of the three BCAAs, so in each serving you're getting 3.5g of Leucine and 1.75g each of Isoleucine and Valine. While BCAAs do catch a fair bit of flack these days, many still love to use them during their workouts (especially if training fasted) for their ability to enhance muscular endurance, reduce soreness, and stave off catabolism.[1,2]

The 7g dose is considerably larger than many other products on the market that only offer 3-5g of total BCAAs. Here's you're getting 3.5g of pure Leucine, the king of the BCAAs, since it's primarily the driver for stimulating muscle protein synthesis.[3]

- **Betaine (1.25g)**

Betaine is one of our favorite natty muscle-building ingredients for its ability to enhance cellular hydration (due to its role as an osmolytic compound), increase power output, and enhance endogenous creatine production.[4,5,6]

- **TRAACS Minerals**



Ingredient in Aminogex Ultra will help you replenish lost minerals, build muscle, and recover faster for ultimately bigger, better

Much like the brands delicious-tasting protein powder, ProtoLyte, Aminogex Ultra also contains a comprehensive spectrum of essential minerals in the highly bioavailable including:

- **Magnesium Glycinate Glutamine Chelate (400mg)**
- **Potassium Glycinate (50mg)**
- **Magnesium Glycinate (50mg)**
- **Calcium Glycinate (50mg)**

As you're probably aware, during intense training, you sweat profusely, which means you're losing valuable minerals and electrolytes like magnesium, potassium, calcium, and sodium (which comes next). Lose enough of these minerals, and you're at risk for dehydration, cramping, fatigue, and a whole slew of other things that aren't conducive to optimal performance.

By including all the necessary electrolytes your body needs to maintain functionality while training, Aminogex Ultra will keep you performing the same at the end of your session as well as you began.

- **Sodium Chloride (50mg)**

More commonly know as *salt* to many of you, sodium chloride is the last essential mineral / electrolyte included in Aminogex Ultra. Like many of the minerals included above, sodium is another essential electrolyte that plays a role in muscle contraction and is just as important, if not moreso, to replenish during and after training as all of the other ones we just discussed.

Salt (sodium really) has been vilified so badly, it's downright sad. **If you're not getting enough salt, your performance will suffer.** This helps, but quite honestly, we're talking about getting over 3 or even 4 *grams* per day total across your diet, so you'll want to make sure you're diet is in check.

Many times, athletes stop eating processed foods, which *lowers* sodium intake. Add it back in on your vegetables and keep the electrolyte machine moving.

## Flavors Available

As mentioned, VMI Sports knows what they're doing in the flavor department, you need look no further than our review of the brand's phenomenal tasting pre workout K-XR as proof. Aminogex Ultra should deliver on that flavoring and then some as there's no stims to worry about covering up here.



In total, VMI has created an array of **6 flavors** for Aminogex Ultra including:

- **Cherry Italian Ice**
- **Orange Ice Pop**
- **Pina Colada**
- **Pink Lemonade**
- **Sweet Iced Tea**
- **Tropical Mango**

That's right, the next *iced tea* amino is here – the biggest craze started by the late Rich Piana has a new contender, and VMI is a team whose flavoring is not to be messed with. You know we'll be testing this one.

## Takeaway

VMI Sports has delivered a quality BCAA supplement that does enough to differentiate itself from the slew of other BCAA products on the market to make it worth your while to look into. There's also the fact that their flavoring is top-notch, and for those of you that want something tasty to sip on while working out (even if you're a BCAA hater), Aminogex Ultra is about as delicious of an intra workout as you could ask for.

Stay tuned for our full tasting panel review of Aminogex Ultra!

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## References

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