



Clinical Intra-Workout

We have formulated the most comprehensive intra-workout possible. Clinical Intra-Workout includes a BCAA content that is 5x higher than the industry average. It combines 15 active ingredients focused on ensuring muscle do not move into a catabolic state, immediate and prolonged energy, muscle anabolism, hydration, and decreasing physical and mental fatigue.

All ingredient selections and dosages were pulled directly out of scientific literature. Clinical Intra-Workout packs 1.59kgs of BCAA'S, EAA's, simple and complex carbohydrates, extracts, and electrolytes.



Your Partners in Nutrition: **Blackbelt Protein**



BRANCHED CHAIN AMINO ACIDS 2:1:1 (10 GRAMS)

BCAA's act as a fuel source, and when the workout is over, they can help build muscle. The majority of studies show BCAAs are most effective at dosages 10 Grams and above. Unfortunately, the majority of Intra-workout supplements are dosed below 2 grams.

Study: <http://jn.nutrition.org/content/134/6/15835.full>

EAA Complex: of histidine (0.65 g), isoleucine (0.60 g), leucine (1.12 g), lysine (0.93 g), methionine (0.19 g), phenylalanine (0.93 g), threonine (0.88 g), and valine (0.70 g) + Carb Complex

In addition to BCAA's, we have included the EAA's histidine, methionine, threonine, lysine, and phenylalanine at dosages consistent with scientific papers that show the formulation can significantly increase muscle anabolism.

MALTODEXTRIN AND DEXTROSE

The carbohydrate mixture provides complex and simple carbohydrates to ensure amino acid uptake is optimised and you maintain access to fast acting energy sources.

Study Link : <https://www.ncbi.nlm.nih.gov/pubmed/18045476>





RHODIOLA ROSEA EXTRACT (400Mg)

Multiple studies have showed Rhodiola Rosea extract to be the single most powerful dietary extract for decreasing physical fatigue from exercise and mental fatigue from stress. A decrease in fatigue leads to increased focus, motivation, and performance

Study Link : <https://www.ncbi.nlm.nih.gov/pubmed/22228617>

Study Link : <https://www.ncbi.nlm.nih.gov/pubmed/15256690>

Study Link : <https://www.ncbi.nlm.nih.gov/pubmed/10839209>

Study Link : <https://www.ncbi.nlm.nih.gov/pubmed/11081987>

Electrolyte Complex: Magnesium Aspartate 1200 mg (Equivalent 300mg magnesium) Potassium Phosphate mg (equivalent to phosphate 159mg) Sodium Chloride 600 (mg) (equivalent to Chloride 234mg and sodium 234)

Intense workouts can cause dehydration and electrolyte depletion, we have included a comprehensive electrolyte complex to ensure you performance at the highest level.

