

MuscleTech Neurocore – Formula Comparison

	Neurocore	Leading Competitor #1	Leading Competitor #2	What You Should Know
Ingredient Amounts Fully Disclosed	YES	NO	NO	Unlike the competitors who do not disclose the ingredient amounts in their formulas, Neurocore is different. The doses of its clinically validated and scientifically tested ingredients are fully disclosed so you know exactly what you are getting.
L-Citrulline	3000mg ZERO ZERO	ZERO	ZERO	A recent study shows that L-citrulline is scientifically superior to arginine for increasing plasma levels of arginine. ¹ Other companies may settle for using arginine instead because pure L-citrulline costs significantly more.
Arginine AKG	NO	YES (Amount Not Disclosed)	YES (Amount Not Disclosed)	A research study showed you need 12 grams of arginine AKG (AAKG) to provide performance-enhancing effects. ² A placebo-controlled, crossover design study on subjects with resistance-training experience showed that arginine AKG (AAKG) provided no positive performance effects and may actually be counterproductive in developing muscular endurance. In this study, when subjects took 3.7 grams of arginine AKG 4 hours and 30 minutes before exercise they experienced no performance enhancement effects and actually performed worse on specific muscular endurance measurements compared to when they used a placebo. ³ Our lab tests revealed extremely underdosed amounts of AAKG in competitors' formulas.
Beta-Alanine	3200mg	YES (Amount Not Disclosed)	YES (Amount Not Disclosed)	Research has shown that a 3200mg dose of beta-alanine can help enhance the muscle- and strength-building process. Fact is, our tests show other companies use less than the scientifically studied 3200mg dose. ⁴
Creatine HCl	3000mg	ZERO	ZERO	A highly-potent and unique creatine known as creatine HCl has been infused into the formula. Creatine is clinically validated to amplify gains in size and strength.
Geranium Robertianum	YES (patent pending)	NO	NO	Neurocore is the only pre-workout formula to contain this exclusive, patent-pending and naturally sourced geranium extract.
Geranium Active Dose	STRONGEST	STRONG	MODERATE	Neurocore delivers a greater active dose of geranium than the leading competitors for a powerful boost during your workout.
Caffeine Anhydrous	YES	YES	WEAKER DOSE	Neurocore delivers a potent and effective dose of caffeine that has been scientifically shown to increase energy. ⁵
Rhodiola	YES	NO	NO	In a double-blind, randomized and placebo-controlled study on 20 subjects, individuals using rhodiola during a stressful period significantly improved physical and mental fitness compared to subjects using a placebo in only 20 days. ⁶

				In a 2005 review article published in the journal <i>Phytotherapy Research</i> , the authors noted that <i>Rhodiola rosea</i> was a superior, more active adaptogen than <i>Schizandra chinensis</i> (found in the formulas of both leading competitors). ⁷
Vinpocetine	YES	NO	NO	Initial human and animal research indicates that vinpocetine inhibits a cyclic GMP phosphodiesterase; it's believed that this inhibition enhances cyclic GMP levels in vascular smooth muscle.
DMAE	YES	NO	NO	Preliminary animal research suggests that DMAE may act to facilitate choline production. Choline is a precursor of acetylcholine.
Schizandrol	NO	YES	YES	The competitors choose to use an inferior adaptogen (schizandrol) even when leading research states that <i>Rhodiola rosea</i> is a more active form. ⁷
Fillers, Artificial Colors or Dyes	NO	NO	UNKNOWN	Neurocore is designed as a clean formula, full of powerful, research-supported ingredients.
Taste	SUPERIOR.	GOOD	AVERAGE	The flavor system behind Neurocore was developed by a world-class flavor house and is second to none. In fact, we did not stop perfecting the flavor system until we blew the competition away in internal head-to-head taste tests. Absolutely NO fillers, aspartame, artificial colors or dyes are used to create the amazing and refreshing taste

References

- 1 Schwedhelm et al., 2007. Pharmacokinetic and pharmacodynamic properties of oral L-citrulline and L-arginine: impact on nitric oxide metabolism. *Br J Clin Pharmacol.* 65(1):51-9.
- 2 Campbell et al., 2006. Pharmacokinetics, safety and effects on exercise performance of L-arginine alpha-ketoglutarate in trained adult men. *Nutrition.* Sep;22(9):872-81.
- 3 Greer et al., 2011. Acute arginine supplementation fails to improve muscle endurance or affect blood pressure response to resistance training. *J Stength Cond Res*, (Epub ahead of print).
- 4 Hoffman et al., 2006. Effect of creatine and beta-alanine supplementation on performance and endocrine responses n strength/power athletes. *Int J Sport Nutr Exerc Metabol.* 16:430-46.
- 5 Goldstein et al., 2010. International society of sports nutrition position stand: caffeine and performance. *J Int Soc Sports Nutr.* 7(1):5.
- 6 Spasov et al., 2000. A double-blind, placebo-controlled pilot study of the stimulating and adaptogenic effect of *Rhodiola rosea* SHR-5 extract on the fatigue of students caused by stress during an examination period with repeated low-dose regimen. *Phytomedicine.* 7(2):85-9.
- 7 Panossian et al. Stimulating effect of adaptogens: an overview with particular reference to their efficacy following single dose administration. *Phytother Res.* 19(10):819-38.

100% Money-Back Guarantee. If this is not the most powerful pre-workout formula you've ever tried, simply return the unused portion within 30 days with your receipt to place of purchase for a full refund.