

Buyer Beware

'Don't be Duped by the Scoop'

COMPARING PRE-WORKOUTS

Do you remember the first time you purchased a significant item 'used' or 'second hand'? The unsettling feeling in your stomach; your parent's advice of 'be smart with your money' replaying in your head; or your high school business teacher's caution of 'buyer beware'? It could have been a car, a gaming system, or a phone; whatever it was you never forget the feelings associated with it...especially if it did not turn out well.

Well it turns out, those internal cautions should also be alerting you when you are shopping for your supplements. The more you start to compare what is written on the front of a label versus what is on the back label, the sooner you will realize you may have been duped by the sneaky and misleading marketing tactics of a supplement company.

(This is when you go grab the new pre-workout you just bought to check if the claims on the front line-up with the claims on the back...or the claims of the well-meaning but misinformed salesperson are correct.)

Some of current trends to be aware of when it comes to pre-workouts is scoop-size, servings per container and cost per serving.

For the sake of everyone's time, let's just focus on scoop size in this article. What you may find on the label of your pre-workout are claims of "significantly increased performance and enormous doses of key ingredients per scoop!"

But what is missed by the consumer and sometimes the salesperson, is the scoop size. A number of companies are dropping the standard 7-9 gram size and simply doubling, tripling or even quadrupling it! So when the company with the 40g scoop advertises "Strongest Pre-Workout", are they really? The specific scoop size information is usually found on the back of the container. The term 'usually' is used here because, well, I'm not sure I should say, you might not be ready to hear this...

Ok, here goes! Some companies do not even disclose scoop size!!

The reality of pre-workouts is it comes down to the formula. Check scoop size and what is in your pre-workout. Also take a look into how taking too much caffeine and other stimulants actually decreases performance.

Please do your personal research, it is your body after all. In summary, no dose of a properly formulated and effective pre-workout should ever be higher than 18 grams. It is best to stick with a 7-9 gram scoop and if you're really having a bad day, double scoop!

Mammoth PUMP		Competitor 1		Competitor 2	
Serving Size:	9g	Serving Size:	18g	Serving Size:	40g
Price per Serving:	\$0.75	Price per Serving:	\$2.50	Price per Serving:	\$4.40
Serving per Container:	60	Serving per Container:	20	Serving per Container:	12.5
Double Scoop:	18g	Double Scoop:	36g	Double Scoop:	80g
Price per Serving:	\$ 1.49	Price per Serving:	\$4.99	Price per Serving:	\$8.80
Servings per Container:	30	Servings per Container:	10	Servings per Container:	6.25



- ✓ Best Price Per Serving*
- ✓ Most Servings per Container: *minimum 10 more servings vs competitors!**
- ✓ Most Value for the same Price*

HEAD TO HEAD at 18g		
Mammoth PUMP	Competitor 1	Competitor 2
Price per Serving: \$ 1.49	Price per Serving: \$2.50	Price per Serving: \$1.98
Servings per Container: 30	Serving per Container: 20	Serving per Container: 28

HEAD to HEAD at 18g			
Mammoth PUMP	Competitor 1	Competitor 2	
Price per Serving: \$1.49	Price per Serving: \$2.50	Price per Serving: \$1.98	
Servings per Container: 30	Serving per Container: 20	Serving per Container: 28	
B6 20mg	B6 0mg	B6 0mg	
B12 200mcg	B12 0mcg	B12 0mcg	
Citrulline Malate 6000mg	Citrulline Malate 8000mg	Citrulline Malate 4500g	
Beta-Alanine 3000mg	Beta-Alanine 3500mg	Beta-Alanine 2700mg	
Taurine 2000mg	Taurine 0mg	Taurine 0mg	
Creatine HCl 1500mg	Creatine HCl 1000mg	Creatine HCl 0mg	
Agmatine Sulfate 1000mg	Agmatine Sulfate 600mg	Agmatine Sulfate 675mg	
Tyrosine 1000mg	Tyrosine 600mg	Tyrosine 675mg	
Caffeine 400mg	Caffeine 325mg	Caffeine 180mg	
Grape Seed Extract 50mg	Grape Seed Extract 0mg	Grape Seed Extract 0mg	
Black Pepper Extract 10mg	Black Pepper Extract 5mg	Black Pepper Extract 2.25mg	

