

# The Dark Side of Performance Enhancers: A YouTube Experiment

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The world of performance enhancers has come a long way since the first pre-workout supplement was introduced 43 years ago. What started as a simple drink to enhance endurance and recovery has evolved into a multi-billion-dollar industry with a vast array of products, each claiming to be more effective than the last. But at what cost?

In a recent YouTube experiment, a popular fitness YouTuber decided to push the limits of performance enhancers to see just how far they can be taken. The experiment involved testing seven levels of performance enhancers, each more extreme and reckless than the last. The goal was to determine the effectiveness and enjoyment of each product, but also to highlight the potential dangers of taking these substances.

## Level 1: Oxygen

The first level of the experiment involved using oxygen as a performance enhancer. The YouTuber used a product called "Sky Juice," which is essentially oxygen in a can. The results were surprising, with the YouTuber reporting instant recovery and improved endurance.

**Effectiveness: 3/5**

**Enjoyment: 4/5**

- Pros: instant recovery, improved endurance
- Cons: may not be as effective for traditional bodybuilding

## Level 2: Caffeine Pouches

The second level involved using caffeine pouches, which contain 50 milligrams of caffeine per pouch. The YouTuber reported feeling a intense head rush and improved focus, but also experienced a crash later on.

**Effectiveness: 2.75/5**

**Enjoyment: 4/5**

- Pros: intense energy, improved focus
- Cons: crash later on, may not be suitable for those who are caffeine sensitive

## **Level 3: Pre-Workout Vape**

The third level involved using a pre-workout vape, which claims to have a bioavailability of ingredients that is thousands of times greater than traditional pre-workouts. The YouTuber reported feeling wired and energized, but also experienced difficulty breathing and nausea.

**Effectiveness: 3.5/5**

**Enjoyment: 3/5**

- Pros: intense energy, improved focus
- Cons: difficulty breathing, nausea

## **Level 4: Pre-Workout Cigarette**

The fourth level involved using a pre-workout cigarette called Puffy Air, which contains guaraná extract and caffeine. The YouTuber reported feeling extremely hyper and energized, but also experienced a rapid heart rate and anxiety.

**Effectiveness: 4.25/5**

**Enjoyment: 3/5**

- Pros: intense energy, improved focus
- Cons: rapid heart rate, anxiety

## **Level 5: World's Strongest Pre-Workout**

The fifth level involved using the world's strongest pre-workout, which contains 600 milligrams of caffeine and other stimulants. The YouTuber reported feeling wired and paranoid, but also experienced improved performance and endurance.

**Effectiveness: 5/5**

**Enjoyment: 2/5**

- Pros: improved performance, endurance
- Cons: intense side effects, paranoia

## **Level 6: Yohim Bean**

The sixth level involved using yohim bean, a stimulant that is banned in many countries due to its potential side effects. The YouTuber reported feeling normal, but also experienced diarrhea and a rapid heart rate.

**Effectiveness: 1.5/5**

**Enjoyment: 2/5**

- Pros: improved performance
- Cons: side effects, lack of enjoyment

## **Level 7: Death Wish Coffee**

The seventh and final level involved drinking a cup of coffee that contains 728 milligrams of caffeine. The YouTuber reported feeling insane and out of control, but also experienced improved performance and endurance.

**Effectiveness: 5/5**

**Enjoyment: 1/5**

- Pros: improved performance, endurance
- Cons: intense side effects, lack of enjoyment

## **Conclusion**

The experiment highlights the potential dangers of taking performance enhancers to extreme levels. While some products may provide temporary benefits, the risks and side effects can be severe and long-lasting. The YouTuber concluded that the best

strategy is to stick with a balanced diet, sleep, and water, rather than relying on performance enhancers.

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