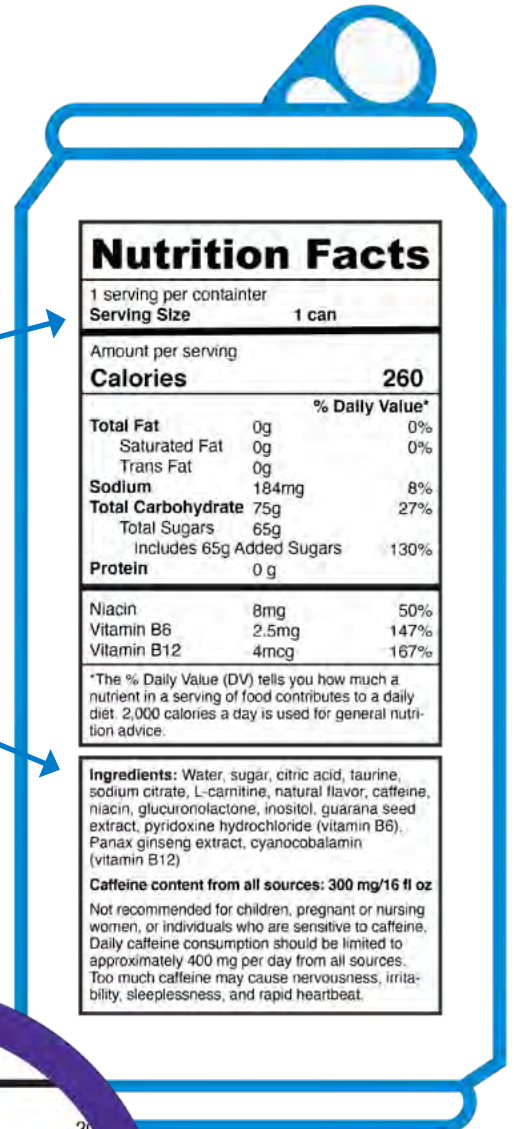


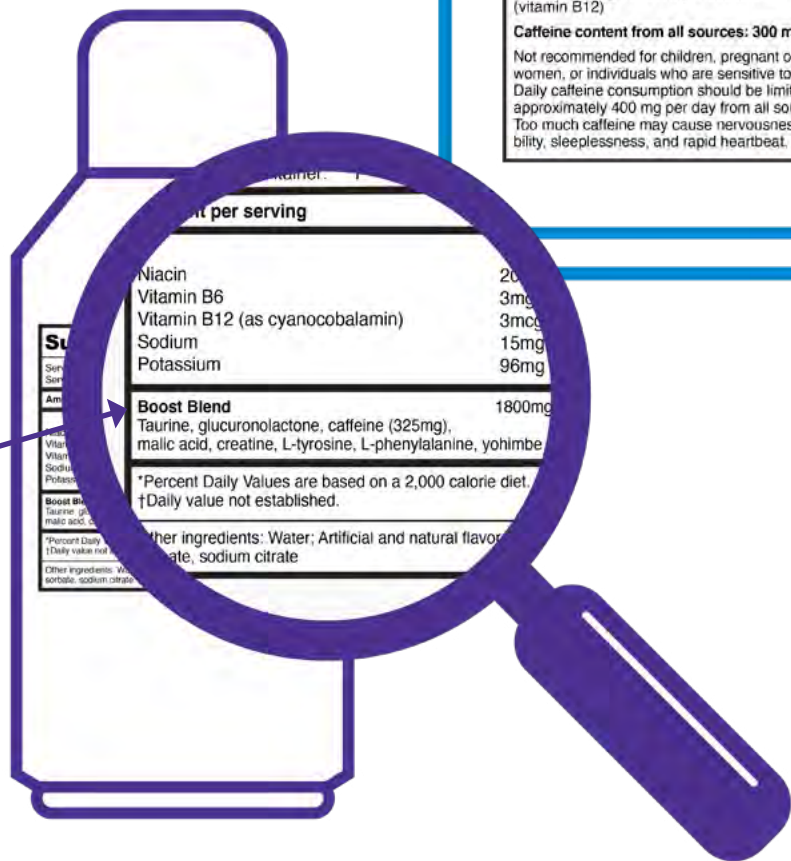


WHAT'S IN YOUR ENERGY DRINK (OR SHOT)?

- Most **energy drinks** contain **one serving**. The amount of calories, sugar, caffeine, or other ingredients listed is what's in the entire can.
- **Taurine, L-carnitine, glucuronolactone, inositol, and Panax ginseng** are common ingredients in energy drinks, but they haven't been proven to provide additional benefit for physical or mental performance compared to caffeine alone.
- Some energy drinks contain **other stimulants** in addition to caffeine.
- This energy drink contains **caffeine**, as well as guarana, which is another source of caffeine.
- Look at the **total caffeine content from all sources**.
- **Energy shots** are small, but they can be a more **concentrated source of caffeine**. Be aware of your total caffeine intake in a 24-hour period.
- You can't always tell how much of each ingredient is in a **"blend."**
- The ingredients in energy shots can vary. Some products contain other ingredients that have stimulant-like effects, such as **yohimbe**.



Nutrition Facts		
1 serving per container		
Serving Size	1 can	
Amount per serving		
Calories	260	
	% Daily Value*	
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Sodium	184mg	8%
Total Carbohydrate	75g	27%
Total Sugars	65g	
Includes 65g Added Sugars		130%
Protein	0 g	
Niacin	8mg	50%
Vitamin B6	2.5mg	147%
Vitamin B12	4mcg	167%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
Ingredients: Water, sugar, citric acid, taurine, sodium citrate, L-carnitine, natural flavor, caffeine, niacin, glucuronolactone, inositol, guarana seed extract, pyridoxine hydrochloride (vitamin B6), Panax ginseng extract, cyanocobalamin (vitamin B12)		
Caffeine content from all sources: 300 mg/16 fl oz		
Not recommended for children, pregnant or nursing women, or individuals who are sensitive to caffeine. Daily caffeine consumption should be limited to approximately 400 mg per day from all sources. Too much caffeine may cause nervousness, irritability, sleeplessness, and rapid heartbeat.		



Amount per serving	
Niacin	20mg
Vitamin B6	3mg
Vitamin B12 (as cyanocobalamin)	3mcg
Sodium	15mg
Potassium	96mg
Boost Blend	1800mg
Taurine, glucuronolactone, caffeine (325mg), malic acid, creatine, L-tyrosine, L-phenylalanine, yohimbe	
*Percent Daily Values are based on a 2,000 calorie diet. †Daily value not established.	
Other ingredients: Water; Artificial and natural flavors; Citric acid, sodium citrate	