

The good news and (mostly) bad news of power drinks

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There is a huge market right now for energy sodas. When it comes to expansion in the carbonated and non carbonated beverages markets, the only things causing expansion is energy drinks and diet soft drinks.

Because energy drinks are so insanely popular right now (Ill go ahead and blame it on the fact that no one is receiving the amount of sleep they require and are working longer hours), here are some things to watch out for with your favorites.

Keep in mind, if you can, go for the Sugar Free or Low Carb versions of the drinks, they nearly eliminate calories and you wont get that bizarre sugar rush.

5 Hour Energy

The 5 hour energy shot says to give you five hours of energy without crashing or jitters and its sugar free!

While it isnt posted exactly how much caffeine is in one of these 2 ounce shots, the corporation states its about as much as a mug of coffee. In my opinion, this is a better option to coffee for the reason that I have a very coffee-prejudiced stomach. If youre a coffee drinker or an energy drink aficionado, such as myself, then the caffeine in one of these ought to be just sufficient to give you a quick pick me up, but you may not feel the effects for the full five hours.

Red Bull (The 8 ounce can)

The regular version of this drink has 110 calories and 27 grams of sugar. It also contains 76 mg of caffeine, which is below most caf coffees. It also comes with Taurine and B-Vitamins. B-vitamins are supposed to help increase the metabolism, but reports say that taurine work against that effect (and sugar definitely doesnt assist in the fight against calories).

Red Bull has been called safe by a 2008 research study that was presented to the Federation of American Societies for Experimental Biology. There were no harmful side effects on those who drank a can.

Red Bull is my particular favorite. I store a 4-pack in my fridge all the time. In my opinion, the sugar free version of this drink is better than the regular kind and you arent left with that dreadful I just drank syrup flavor in your mouth.

AMP

This is the energy drink that is understood to be from Mountain Dew. The 16.9 ounce can has 220 calories, 58 grams of sugar, and 142 mg of caffeine. If these numbers are daunting, there is in addition a sugar free version of this drink.

This can be considered a big Red Bull, except it tastes very unlike in my opinion. It has all the same supplements like taurine, ginseng, and guarana. From personal experience, if you enjoy this drink it is typically less expensive in the four packs than Red Bull because it comes in a can thats double the size.

Sobe Energy Adrenaline Rush

This has been called the Worst Energy Drink due to its 260 calories, 66 grams of sugar, and 152 mg of caffeine in a 16.9 ounce can. It contains D-ribose, L-carnitine, and taurine which are natural compounds that your body utilizes to maintain its metabolism.

Due to the high levels of sugar in this beverage, there is a larger risk for a fairly massive sugar crash later. This drink has the same amount of sugar as 5.5 scoops of Edys slow churned Rocky Road ice cream.

I remember when Adrenaline Rush came in the lesser 8.9 ounce cans. It was the very first energy drink I ever had. I honestly cant stand the way they taste now and their sugar free version leaves something to be desired.

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