

ENERGY DRINK REPORT CARD

Top-Selling Energy Drinks, Ready-To-Drink Coffees, and Teas



AVOID THESE DRINKS

- High Caffeine (>200 mg) and/or High Sugar Content (> 20 g)
- Potential Ingredient Interactions or Health Risks

LIMIT THESE DRINKS

- Safe in moderation
- Not healthy to consume every day (like pizza)
- Some beneficial ingredients

TRY THESE DRINKS INSTEAD

- Safe and effective for every day use
- Some health benefits
- No excess caffeine or sugar



GEG Research and Consulting - Your Guide to Caffeine, Energy Drinks, and Beating Burnout. Learn More at GreenEyedGuide.com

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Caffeine Content isn't the ONLY thing that matters. For Example:

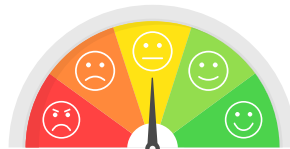


BANG (all flavors)

300 mg Caffeine *

0 g Sugar

WARNING: Only benefit is caffeine due to nondetectable amounts of creatine, CoQ10, BCAAs

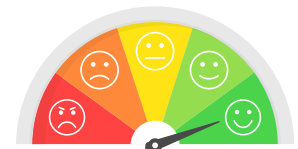


REIGN (all flavors)

300 mg Caffeine *

0 g Sugar

BENEFITS: Citrulline, Green Tea Extract, BCAAs, CoQ10, INFERNO Flavors include Capsicum



ASHOC (all flavors)

300 mg Caffeine *

0 g Sugar

GOOD NEWS: 9 amino acids, caffeine is naturally sourced – green coffee beans, guarana, yerba mate, coffee fruit

***NOTE - Adults can have 400 mg caffeine per day, so 300 mg might be too much for many people. But if you ARE going to go with these highly caffeinated drinks, consider the other ingredients.**



RedLine Extreme

316 mg Caffeine

0 g Sugar

WARNING: Caffeine concentration (mg per oz) is dangerously high; Contains High Risk ingredient - Yohimbe



5 Hour Energy

200 mg Caffeine

0 g Sugar

WATCH OUT: Excessive B-vitamins may cause flushing; insignificant amounts of amino acids



FORTO Coffee Shot

200 mg Caffeine

5 g Sugar

GOOD NEWS: Caffeine from coffee, Low-Sugar Content; Organic Cane Sugar