



Energy drinks that carry a “**Nutrition Facts**” panel cannot have a proprietary blend. This label does not meet FDA regulations.

Contains 16.8 fl oz, which is **two servings**. When looking at the ingredients, double the amounts of sugar and stimulants in your head for a **real** picture of what you’re drinking!

One can provides 13 teaspoons of **sugar**, nearly two times the daily amount recommended for adults.

“Energy Boost Blend” refers to a **proprietary blend** specific to this manufacturer, so you can’t tell the exact amount of each ingredient in the product.

FDA scientists have tested many supplements with **Acacia rigidula** and found that half of them actually contain synthetic designer stimulants.

Product contains **caffeine**, as well as **green tea extract**, **guarana seed extract**, and **yerba mate**, all of which contain caffeine. Watch out for hidden caffeine sources on labels.

Be cautious of **taurine**. None of the claims about enhanced mental and physical performance are proven.

Not all **ginsengs** are created equal. There are at least three varieties, each with different properties, and none have been proven to benefit physical or mental performance.

Yohimbine is the chemical substance found in the bark of the yohimbe tree. Severe side effects have been reported from taking this ingredient, which has stimulant-like effects and can interact with caffeine.

Energy drink cans usually carry a **warning**. Be sure to read carefully, as it could make you think twice.



OPERATION SUPPLEMENT SAFETY