



PRODUCT COMPARISON



A.C.T.™ Energy



Red Bull®



Monster™ Energy



Rockstar™



Full Throttle®



Verve™

Serving Size	1 Can (355 mL)	1 Can (355 mL)	8.0 fl. oz. (240 mL)	8.0 fl. oz. (240 mL)	8.0 fl. oz. (240 mL)	1 Can (245 mL)
Servings Per Container	1	1	2	2	2	1
Calories	24	160	100	140	110	72
Carbohydrates	6 g	40 g	27 g	31 g	29 g	18 g
Sodium	20 mg	290 mg	180 mg	40 mg	85 mg	unknown
Potassium Citrate	450 mg	0	0	0	0	0
Dietary Fiber	1 g	0	0	0	0	0
Sugars	5 g	39 g	27 g	31 g	29 g	18 g
Protein	<1 g	<1 g	0	0	0	0
Vitamin C	100%	0	0	0	0	500%
Vitamin B6	100%	360%	100%	100%	20%	250%
Vitamin B3	50%	0	0	100%	0	0
Vitamin B12	100%	120%	100%	100%	10%	250%
Niacin	yes	yes	yes	yes	yes	yes
Pantothenic Acid	no	yes	no	yes	no	yes
Riboflavin	no	no	yes	yes	no	yes
Ginkgo Biloba	no	no	no	yes	no	no
Added Caffeine	no	yes	yes	yes	yes	yes
Inositol	no	yes	yes	yes	no	yes
Guarana	yes	no	yes	yes	yes	yes
Green Tea	yes	no	no	no	no	yes
Panax Ginseng	yes	no	yes	yes	yes	no
Stevia extract	yes	no	no	no	no	no
L-arginine	yes	no	no	no	no	no
Taurine	yes	yes	yes	yes	yes	no
L-Carnitine	no	no	yes	yes	yes	no
Tyrosine	yes	no	no	no	no	no
Additional	Purified Water, Maltodextrin, Natural Juice Extracts, Maca (root), Natural Flavor.	Carbonated Water, Glucuronolactone, Natural and Artificial Flavors, Colors	Carbonated Water, Citric Acid, Natural Flavors, Color, Ascorbic Acid, Sorbic Acid, Benzoic Acid, Glucuronolactone, Maltodextrin	Carbonated Water, Citric Acid, Natural and Artificial Flavors, Caramel Colors, Benzoic Acid, Sorbic Acid, Milk Thistle Extract	Carbonated Water, High Fructose Corn Syrup, Citric Acid, Natural and Artificial Flavors, Sodium Benzoate, Acacia, Carnitine Fumarate, Glycerol Ester of Wood Rosin, Yellow 5	Carbonated Water, Natural Fructose, Natural Flavors, Plant Mineral Extracts, Citric Acid, Potassium sorbate, Xanthan Gum, Malic Acid
“On-The-Go” Pouches	Yes	No	No	No	No	No
Cost Per Fl. Oz.	\$0.09*	\$0.23	\$0.14	\$0.14	\$0.16	\$0.44

* Distributor Cost