

# Why get your energy from any other drink?



	Liquid Lightning	Monster Energy	Red Bull Energy	Venom Energy	Amp Energy	Rock Star
Calories (per 12oz serving)	120	165	160	180	165	210
Sodium (per 12oz serving)	15mg	270mg	150mg	232mg	105mg	60mg
Pure Cane Sugar	✓	✓	✓			✓
D-Ribose	✓					
Inositol	✓	✓		✓		✓
Taurine	✓	✓	✓	✓	✓	✓
Glucuronolactone	✓	✓				
Panax Ginseng Extract	✓	✓		not Panax	✓	✓
Vitamin B2, B3, B5, B6, B12	✓	no B5	no B2	no B5	✓	✓
Potassium	✓					
No Artificial Flavors	✓	✓			✓	
Labeled Gluten Free	✓					

Note: As manufacturers change ingredients from time to time, please check company websites for most recent information