



energy comparison

	e9	Red Bull	Rockstar	Monster	Amp	NOS
Calories	20	110	140	100	120	110
Added Sugar	No	Yes	Yes	Yes	Yes	Yes
Carbohydrates	5g	28g	31g	27g	31g	28g
Added Anhydrous Caffeine	No*	Yes	Yes	Yes	Yes	Yes
L-arginine	Yes	No	No	No	No	No
Vitamin C	500%	0%	0%	100%	0%	100%
Thiamin (B1)	100%	0%	0%	0%	0%	0%
Riboflavin (B2)	100%	0%	200%	100%	20%	0%
Niacin (B3)	200%	100%	100%	100%	10%	25%
Pantothenic Acid (B5)	100%	50%	100%	0%	10%	0%
Pyridoxine (B6)	1000%	250%	100%	100%	10%	100%
Folic Acid (B9)	50%	0%	0%	0%	0%	25%
Cyanocobalamin (B12)	2000%	80%	100%	100%	10%	100%
Cost per unit**	\$1.30	\$2.29	\$2.39	\$2.49	\$2.49	\$1.99

Nutritional information is based on single serving size.

*e9 contains guarana, a source of natural caffeine

**Prices based off individual quantities.