

Nutritional Comparison of Energy Drink Products; 2015

All values are per 100mL.

All information obtained from nutritional panels on product and from company websites.



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connection®

	Energy (kj)	CHO (g)	Sugars (g)	Na (mg)	Taurine (mg)	Caffeine (mg)	Vit B2 (mg)	Vit B3 (mg)	Vit B5 (mg)	Vit B6 (mg)	Vit B12 (ug)
Red Bull Energy Drink	194	11.0	11.0	41.0	400	32.0	-	8.0	2.0	2.0	2.0
Red Bull Sugar Free Energy Drink	14.0	0.0	0.0	40.0	400	32.0	-	8.0	2.0	2.0	2.0
Red Bull Zero Energy Drink	8.0	0.0	0.0	22.0	400	32.0	-	8.0	2.0	2.0	2.0
Red Bull Blue Edition Energy Drink	194	11.0	11.0	42.0	400	32.0	-	8.0	2.0	2.0	2.0
Red Bull Red Edition Energy Drink	194	11.0	11.0	42.0	400	32.0	-	8.0	2.0	2.0	2.0
V Energy Drink *includes Guarana Extract 120mg	195	10.6	10.6	110	200	31.0	0.49	2.9	0.7	0.46	0.57
V Sugar Free Energy Drink *includes Guarana Extract 120mg	12.7	0.11	0.0	101	200	31.0	0.49	2.9	0.7	0.46	0.57
V Double Hit Energy Drink *includes Guarana Extract 120mg	240	13.6	13.6	47.1	200	31.0	0.49	2.9	0.7	0.46	0.57
V Energy Drink Red Edition *includes Guarana Extract 120mg	244	13.7	13.7	47.1	200	31.0	0.49	2.9	0.7	0.46	0.57
V Energy Drink Blue Edition *includes Guarana Extract 120mg	246	13.9	13.9	58.3	200	31.0	0.49	2.9	0.7	0.46	0.57
Lucozade Original	309	18.5	9.1	<5.0	-	-	-	-	-	-	-
Lucozade Orange	300	17.6	14.1	<5.0	-	-	-	-	-	-	-
Red Eye Energy Drink	192	11.3	11.0	<5.0	18.0	32.0	-	6.0	1.5	1.5	1.5
Monster Energy *includes Ginseng Root Extract 81mg and Guarana Seed Extract 2mg	197	11.6	11.4	78.0	400	32.0	0.72	8.0	-	0.85	2.0
Monster Absolute Zero Energy *includes Ginseng Root Extract 81mg and Guarana Seed Extract 2mg	13.0	0.0	0.0	76.0	400	29.5	0.72	8.0	-	0.85	2.0
Mother Energy Drink	191	10.1	10.1	48.0	400	31.9	-	1.8	0.7	0.2	0.1
Mother Sugar Free Energy Drink	19.0	0.1	0.0	48.0	400	31.8	-	1.8	-	0.2	-
Mother Revive Energy Drink	191	10.2	10.1	50.0	400	31.8	-	1.8	0.7	0.2	0.1
Mother Green Storm Energy Drink	199	10.5	10.5	48.0	400	31.6	-	1.8	0.7	0.2	0.1
Mother Frosty Berry Energy Drink	191	10.4	10.4	48.0	400	31.9	-	1.8	0.7	0.2	0.1
Rockstar Punched Energy Drink *includes Panax Ginseng Root Extract 20mg and Guarana Seed Extract 10mg	285	16.9	16.7	28.0	400	32.0	-	8.0	2.0	2.0	2.0
Wicked Energy Drink	189	10.0	10.0	66.0	400	31.0	-	8.0	2.0	2.0	2.0
28 Black Acai Natural Energy Drink	253	14.4	14.4	2.0	-	32.0	-	7.0	2.0	1.4	2.0
28 Black Acai Sugar Free Natural Energy Drink	11.8	3.2	0.1	2.0	-	32.0	-	7.0	2.0	0.7	1.3

- Denotes no value indicated on product nutritional panel

List compiled by Stacey Beech and Zoe Lucock