



BLUFROG

REDBULL

MONSTER

AMP

NOS

ROCKSTAR

	BLUFROG	REDBULL	MONSTER	AMP	NOS	ROCKSTAR
Serving Size	8.4 fl oz.	8.3 fl oz.	8 fl oz.	8 fl oz.	8 fl oz.	8 fl oz.
Calories (per serving)	68	110	100	110	110	140
Sugars (grams per serving)	17	27	27	29	26	31
Carbohydrates (grams per serving)	17	28	27	29	27	31
Caffeine (mg per serving)	80	80	80	80	130	80
Taurine (mg per serving)	1,000	1,000	1,000	148	1,000	1,000
Fucoidan-rich Tongan Limu Moui	✓	⊘	⊘	⊘	⊘	⊘
Quercetin (a potent flavonoid antioxidant)	✓	⊘	⊘	⊘	⊘	⊘
Choline Chloride	✓	⊘	⊘	⊘	⊘	⊘
Thiamin (B1) - % DV	100%	NONE	NONE	NONE	NONE	NONE
Riboflavin (B2) - % DV	100%	NONE	100%	100%	NONE	200%
Niacin (B3) - % DV	100%	100%	100%	100%	NONE	100%
Pantothenic Acid (B5) - % DV	100%	50%	NONE	100%	NONE	100%
Vitamin B6 % DV	300%	250%	100%	NONE	100%	100%
Biotin (B1) - % DV	100%	NONE	NONE	NONE	NONE	NONE
Folate (B1) - % DV	100%	NONE	NONE	NONE	NONE	NONE
Vitamin B12 %DV	300%	80%	100%	NONE	100%	100%
Artificial Colors	NO	YES	YES	YES	YES	YES
Artificial Flavors	NO	YES	NO	NO	NO	YES