

PRODUCT COMPARISON CHART



Per Serving:

LYFT™

5 Hour Energy™

Red Bull®

Monster Energy™

MiO Energy

ZipFiz®

	LYFT™	5 Hour Energy™	Red Bull®	Monster Energy™	MiO Energy	ZipFiz®
Serving Size	1 Stick (1.1 g)	1.93 fl oz	1 Can (355 mL)	8.0 fl oz (240 ml)	1.62 fl oz (48 ml)	1 Tube (11 g)
Servings Per Container	1	1	1	2	12	1
Calories	0	4	160	100	0	10
Carbohydrates	< 1g	0 g	40 g	27 g	0 g	2 g
Sodium	0	18 mg	140 mg	180 mg	10 mg	3%
Potassium Citrate	no	no	no	no	yes	yes
Dietary Fiber	0	0	0	0	0	0
Sugars	< 1g	0	39 g	27 g	0 g	0
Protein	Less than 1 g	0	Less than 1 g	0	0	0
Vitamin A	100%	0	Less than 1%	0	0	no
Vitamin C	100%	0	0	0	0	833%
Vitamin B6	0	2000%	360%	100%	10%	125%
Vitamin B3	0	0	0	0	10%	0
Vitamin B12	0	8333%	120%	100%	10%	41,667%
Niacin	0	150%	yes	yes	10%	50%
Pantothenic Acid	no	no	yes	no	no	yes
Riboflavin	no	no	no	yes	no	yes
Ginkgo Biloba	no	no	no	no	no	no
Added Caffeine	100 mg	138 mg	80 mg	160 mg	60 mg	100 mg
Inositol	no	no	yes	yes	no	no
Guarana	no	no	no	yes	yes	no
Green Tea	no	no	no	no	no	yes
Panax Ginseng	no	no	no	yes	yes	yes
Stevia Extract	yes	no	no	no	no	no
L-arginine	no	no	no	no	no	yes
Taurine	no	yes	yes	yes	yes	yes
L-Carnitine	no	no	no	yes	yes	no
Tyrosine	no	yes	no	no	no	no
Zinc	yes	no	no	no	no	yes
Additional	Fructose, Polyethylene Glycol, Maltodextrin, Citric Acid, Natural Flavors, SteviaLeaf Extract, and Silicon Dioxide	Purified Water, Glycerin, Natural Flavors, Potassium Sorbate and Sodium Benzoate (to protect freshness), Sucralose, Glucuronic acid, Malic Acid, N-Acetyl L-Tyrosine, L-Phenylalanine, Citicoline, Artificial Flavors, EDTA	Carbonated Water, Glucuronoiactone, Natural and Artificial Flavors, Colors, Sucrose, Glucose, Citric Acid, Sodium Citrate, Magnesium Carbonate, Pyridoxine HCl	Carbonated Water, Citric Acid, Natural Flavors, Color, Ascorbic Acid, Sorbic Acid, Benzoic Acid, Glucuronoiactone, Maltodextrin, Sucrose, Glucose, Pyridoxine Hydrochloride, Sucralose, Cyanocobalamin	Water, Citric Acid, Propylene Glycol, Niacinamide, Sucralose and Acesulfame Potassium (Sweeteners), Sodium Citrate, Potassium Sorbate	Rhodiola Rosea, Magnesium, Manganese, Selenium, Grape Seed Extract, Green Tea Leaf Extract, Alpha-Lipoic Acid, KonaRed Coffee Fruit, Ginger Root,