

## Energy Drink Comparison Matrix

(*Normal) Original/Standard Version of the consumable.	Red Bull Energy (*Normal)	Monster Energy (*Normal)	5 Hour Energy (*Normal)	Starbucks Coffee (*Normal)	Amare Energy+ (*Normal)
Artificial Flavors/Natural Flavors	Yes	Yes	Yes	Yes	No
Natural Flavors	No	No	No	No	Yes
Amount per serving	12 oz	12 oz	2 oz	12 oz	8-16 oz
Price per serving	<b>\$2.79-3.49</b>	<b>\$2.39-2.79</b>	<b>\$3.09 - 3.49</b>	<b>\$2.95-4.15</b>	<b>\$1.30-2.00</b>
Gluten Free	Yes	Yes	Yes	No	Yes
Calories	168	140	4	400	20
Total Carbohydrates (Sugars)	<b>40g</b>	<b>27g</b>	1g	<b>57g</b>	5g Cane Sugar/
Sweetener Source	Sucrose/Glucose	Glucose	<b>Sucralose (Artificial)</b>	Glucose/Sucrose	Stevia
Total Fats	0.2g	0	0	15g	No
Saturated Fats	0	0	0	9g	0
Cholesterol	0	0	0	55g	0
Sodium	140mg	180 mg	18mg	240mg	0
Base	Carbonated	Carbonated	Concentrated	Coffee Bean	Matcha Tea
Antioxidant Support	No	No	No	No	Yes
Mental Energy Support	No	No	No	No	Yes
Caffeine	Artificial/Natural 154mg	Artificial/Natural 115mg	Artificial/Natural 230mg	Artificial/Natural 200mg	All Natural 55mg
Guayasa	No	No	No	No	Yes
Enovita (French Grape)	No	No	No	No	Yes
Enzohenol (New Zealand Pine Bark)	No	No	No	No	Yes
Applephenon (Asian Apple)	No	No	No	No	Yes
Vitamin B-1 (Thiamine)	.1 mg	0	0	0	0
Vitamin B-2 (RiboFlavin)	1.6mg	1.7mg	0	0	0
Vitamin B-3 (Niacin)	27mg	24mg	30mg	0	0
Vitamin B-5 (Pantothenic Acid)	3.9mg	0	0	0	0
Vitamin B-6	2.1mg	2mg	40mg	0	0
Vitamin B-9 (Folic Acid)	0	0	400mcg	0	0
Vitamin B-12	4.4 mcg	6mcg	500mcg	0	0
Other ingredients?	Taurine, Guarana	Taurine, Ginseng, Guarana	Taurine, Tyrosine, Phenylalanine, Guarana	No	No
Reports of Crashing	Yes	Yes	Yes	No	No

## Highlights:

Energy+ has all natural flavors, unlike the various energy drinks on the market.  
 Energy+ contains NO artificial flavors.  
 Energy+ servings are adjustable to your fluid intake and taste preferences, unlike the fixed amounts in competitors.  
 Energy+ is less expensive and more economical than all of the popular energy drinks compared.  
 Energy+ is gluten free like the other energy drinks on the market.  
 Energy+ has less calories than 90% of the energy drinks on the market - and NO artificial sweeteners  
 Energy+ has less carbohydrates than 90% of the energy drinks/sodas on the market.  
 Energy+ is sweetened with a small amount of Natural Cane Sugar and Stevia leaf extract - enough to deliver a pleasant sweetness, but not too much to be a problem for those trying to limit their sugar  
 Energy+ has no fat compared to our energy drink competitors.  
 Energy+ has no saturated fats, just like most energy drinks on the market.  
 Energy+ has no cholesterol, like most energy drinks on the market.  
 Energy+ has 0 sodium, which is better than all energy drinks in this comparison.  
 Energy+ has a natural Matcha Tea base (full-leaf powdered green tea), compared to the artificial carbonated, concentrated, and coffee based competitors.  
 Energy+ offers potent antioxidant support from its broad spectrum of flavonoid/polyphenols extracted from Japanese green tea leaf, Asian apple fruit, French grape seed, and New Zealand pine bark.  
 Energy+ has a combination of ingredients, including Amare's proprietary and patent-pending GBX Blend that improve mental clarity and energy, unlike competitors.  
 Energy+ offers less caffeine than the energy drink competitors, but offers an all natural clean source of caffeine in which it is healthier and avoids the common "crash" associated with high doses of synthetic caffeine found in other energy drinks.  
 Energy+ has Guayasa which is a natural ingredient used traditionally in the Amazon region for its mental alertness benefits and improvement of mental awareness.  
 Energy+ has Enovita which is known for anti-inflammatory and blood flow properties.  
 Energy+ has Enzogenol, which is a natural ingredient known for boosting energy, reducing fatigue, and increasing concentration.  
 Energy+ has Applephenon, which is known for its powerful antioxidant properties.

Energy+ does not use B vitamins like competitors for a variety of reasons. B-complex vitamins help us to metabolize energy from our food, versus providing a "boost" in feelings of energy independently.

Several energy drinks contain small amounts of amino acids or herbal stimulants, but these amounts are miniscule and are not known to have beneficial effects for physical energy, mental acuity, or emotional well-being like the research-validated levels of specific ingredient found in Energy+  
 Energy+ provides a clean energy boost from natural sources, which result in no "crashing."