



Trade of the Day:

Arbonne Essentials Energy Fizz Sticks



How we stack up against similar retail energy products

	Cost	Calories	Sugar (grams)	Carbs (grams)	Sweetener	B6 Vitamin	B12 Vitamin	Riboflavin	Taurine (for focus)	Caffeine
Arbonne Energy Fizz Stick	\$0.80 - \$1.60	13	<1	2	natural cane sugar, Stevia	100%	100%	176%	yes	
5-Hour Energy	\$2.68	4	0	0	Sucralose	2000%	8333%		yes	
5-Hour Energy extra Strength	\$2.68	4	0	0	Sucralose	2000%	8333%		yes	
AMP Energy (2 servings/can)	\$2.29	220	28	58	HFCS	20%	20%	40%	yes	142mg
Monster Energy (2 Servings/can)	\$1.78	200	54	54	Sucrose, Glucose, Sucralose	200%	200%	200%	2000mg	
Red Bull	\$2.68	160	39	40	Sucrose, Glucose	360%	120%		yes	
Red Bull Total Zero	\$2.89	10	0	0	Aspartame, Sucralose	360%	120%		yes	114mg
Rockstar Recovery Energy + Hydration (2 servings/can)	\$1.78	20	2	2	Sucrose, Sucralose	200%	500%		2000mg	160mg
Rockstar Energy Drink Double Strength (2 servings)	\$1.78	280	62	62	Sucrose, Glucose	200%	200%		2000mg	160mg
Starbucks Double Shot Energy	\$2.59	210	26	36	Sugar, Dextrose, Sucralose	200%		200%	1800mg	
Starbucks Refreshers	\$2.39	60	13	20	Fruit Juice from Concentrate, Stevia	25%			no	