

Published based on [Energy drinks overview - Discovering an energy drinks for your active lifestyle](#)

# **Energy drinks overview - Discovering an energy drinks for your active lifestyle**

The average American finds it hard to stay awake and active as long as they need to in this busy world in which we live. Our diets are not able to provide the energy we need without some form of assistance.

Vitamin energy drinks are now becoming a means for people to get extra time from their busy days.

Popular energy drink brands like AMP, Red Bull and Crave energy are promoted very heavily and are well known. Today some brands like Crave Energy contain small amounts of sugar unlike the first brands that came on the market. These high sugar brands cause a sugar crash and headaches for many people.

Before considering buying or using an energy drink, make sure you read the product label and pick on that is low in sugar and high in B vitamins. The ingredient list will also show which ones are created with natural ingredients and which ones are mainly artificial.

The top energy supplement drinks provide a blast of energy for people who need sustained energy for their daily activities. People who drive long distances are now using energy drinks in place of coffee because they taste better.

More and more outdoor enthusiasts are using energy drinks mixes to get the needed energy boost without the bulk of canned drinks.

Energy drinks are known to provide a vitamin blast to relieve fatigue especially for people who work shift work. They commonly enhance mental alertness in people for 3 to 5 hours depending upon the brand.

As with any product the price depends mainly on the market where the energy drink is being sold, but generally the price is ranges from \$1.50 to \$3.00. When you compare this to coffee and its energy effect you can see that energy drinks are value priced.

Some of the disadvantages of energy drinks include high levels of caffeine along with headaches and crash caused by sugar (if present). Energy drinks are only recommended for the temporary relief of fatigue and their use should not be abused.

Today energy drinks are consumed by both young and old but marketers are focusing their attention on younger people. Warning; they should never be consumed with alcohol or drugs.

If you are looking for a way to stay awake and feel energized then a low sugar, high vitamin energy drink is your best option. They provide the best results with the fewest side effects. Powdered energy drinks also provide a convenient, compact solution for your energy needs.

Before you purchase any Energy Drinks online or in a store, make sure you check out Kim & Jeff Yeomans' amazing review on choosing [The top energy drinks](#), and get information on the tasty, low calorie [Energy Drink Mix](#) available today.

You can also find this article published on [Energy drinks overview - Discovering an energy drinks for your active lifestyle](#), and on the tag pages [5-hour energy](#), [AMP](#), [crave](#), [crave energy](#), [ECommerce](#), [Energy drink](#), [Energy drink reviews](#), [energy drinks](#), [food](#), [monster](#), [Rockstar](#).