


Energy Drink Quick Comparison



CRITERIA		5 HOUR	ROCKSTAR	MONSTER	RED BULL
Serving Size	2 oz.	2 oz.	2.5 oz.	8 oz.	12 oz.
Calories	12	4	10	100	160
Caffeine	32	138	200	160	120
Sweetener	Natural	Artificial	Artificial	Artificial	Artificial
RiboCeine	YES	no	no	no	no