



Energy Drinks That Make A Difference

While there's often no shortage of things on our to-do list, we often run short on time and energy. Today, young and old alike are looking to energy drinks to help beat the energy deficit in today's fast paced world, and it seems to be working for them. What's so different about the energy drinks of today versus traditional soda or coffee? Maybe it's some of the unique ingredients like Taurine, Choline chloride, D-ribose, Inositol and Guarana. These are just some of the popular ingredients in high quality energy drinks on the market today.

One of the most common ingredients, **Taurine** is an amino acid that plays a role in neurological development. Some studies have concluded that there may be an increase in athletic and cognitive performance when taurine is combined with caffeine.

Choline serves many purposes in the body including being a building block for acetylcholine, which is involved in nerve signaling throughout the brain and body. Although this nutrient is synthesized in small quantities by the body, additional consumption is needed for optimal health, making this an essential nutrient.

D-ribose is a sugar found in nature. This ingredient increases the production of energy in heart and skeletal muscle tissue. A recent study found that D-ribose might be helpful for chronic fatigue syndrome and fibromyalgia sufferers.

Inositol, a member of the B vitamin family, plays a role in the synthesis of cell membranes and functions in cellular communication. It is water soluble and must be consumed daily for optimal health benefits.

Guarana is a berry that is sourced in South America, most commonly Brazil. It has twice the amount of caffeine as the coffee bean. Recent studies have found that when combined with multi vitamins and minerals, guarana enhances cognitive performance and alleviates mental fatigue.

Each of these nutrients plays a role in supporting vitality, and more research is needed on the potential health benefits.

TIP:

High quality energy drinks can now be found with vitamins, plant source minerals and powerful phytonutrients for antioxidant protection. Stay away from energy drinks with artificial flavors and corn syrups.

The guarana plant has been utilized for centuries for general health and medicinal purposes by the Sateré-Maué, an Indigenous Tribe of the Brazilian Amazon. It was often used prior to hunting for strength or to treat fevers and headaches. The guarana was of such great importance to the Sateré-Maué that they wove it into their myths.

<http://ecam.oxfordjournals.org/cgi/content/full/nem162v1>

A newly published study by the Journal of Investigative Dermatology highlights some promising benefits of caffeine intake. Study results show that there appears to be an association between caffeine intake and a reduced risk of skin cancer. Imbedded in their research paper, researchers referenced an earlier study involving Caucasian women that suggested a decrease in risk for nonmelanoma skin cancer with coffee consumption. The findings did not apply to those who drank decaffeinated coffee. More research is needed into this exciting new possibility of skin cancer prevention.

Journal of Investigative Dermatology, 26 February 2009; doi:10.1038/jid.2008.435

Sources:

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Appetite. 2008 Mar-May;50(2-3):506-13. Epub 2007 Oct 30

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