

market comparison

		main energy source	B-vitamins	supplemental ingredients	wpi*
	aqua-t	ginseng caffeine taurine sugar	all B-complex vitamins	folic acid glutamine inositol phosphorus honey aronia green tea grapeseed extracts	yes
	full throttle	ginseng caffeine taurine guarana sugar	B-3 B-6 B-12	carnitine fumarate	no
	red bull	caffeine taurine sugar	B-5 B-6 B-12	inositol	no
	monster	taurine caffeine ginseng sugar	B-6 B-12	i-carnitine ascorbic acid inositol	no
	rockstar	taurine caffeine ginseng sugar	B-5 B-6 B-12	ascorbic acid inositol i-carnitine milk thistle ginkgo biloba	no

source: individual product labels
*whey protein isolate