Amway xs energy drink flavors list printable pdf

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XS ENERGY

XS® Energy Drink

Select a flavor to view Nutrition Facts:

- Black Cherry Cola Blast 72-3715
- Cherry Blast 70-5498
- Citrus Blast 60-4991
- Cola Blast 71-4941
- Cranberry-Grape Blast 60-4327
- Cranberry-Grape Blast – Caffeine-Free 70-8912
- Electric Lemon Blast 70-2146
- Energy+Burn 74-5955
- Juiced Energy – Pink Grapefruit 76-2300
- Rootbeer Blast 71-1821
- Tropical Blast 60-9442
- Tropical Blast – Caffeine-Free 60-9441
- Wild Berry Blast 74-7188
- 12 oz. Classic Blast 74-8572
- 12 oz. Cranberry-Grape Blast 74-7238
- 12 oz. Naranja Blast "Orange" 74-9023
- 12 oz. Summit Blast 76-0418
- Energy Shot – Citrus 74-7599
- Energy Shot – Wild Berry 74-7598

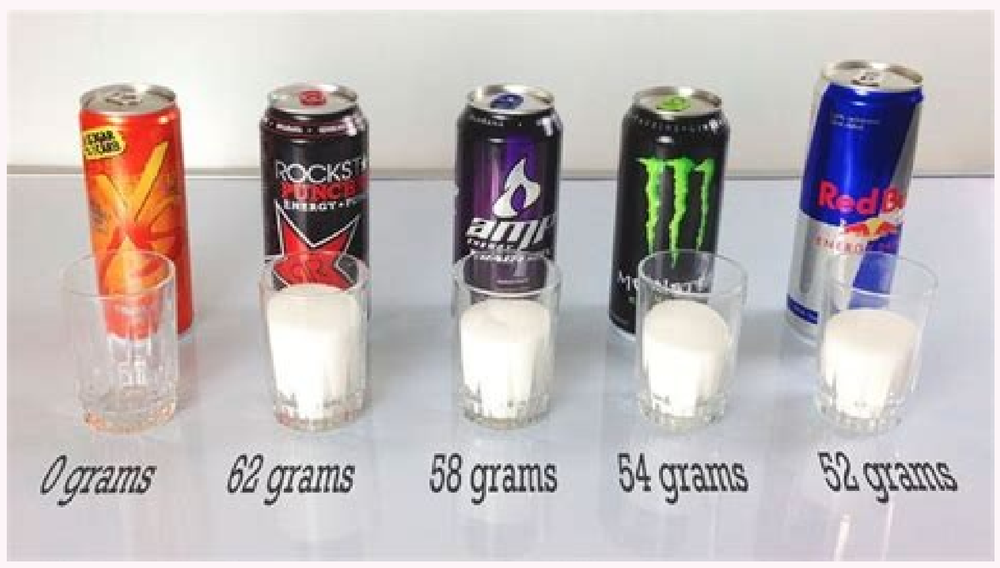
Black Cherry Cola Blast
72-3715

Nutrition Facts

Serving Size: 8.4 fl. oz (250 ml)
Servings per container: 1

Amount Per Serving		
Calories 8	Calories from fat 0	
		% Daily Value
Total Fat	0gm	0%
Cholesterol	0gm	0%
Sodium	24mg	1%
Potassium	35mg	1%
Total Carbohydrate	0gm	0%
Sugars	0gm	
Protein**	1.5gm	0%
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%
Vitamin B3		100%
Vitamin B5		100%
Vitamin B6		300%
Vitamin B12		4900%

Ingredients: Carbonated Water, Taurine, L-Glutamine, Citric Acid, Black Cherry Juice Concentrate, Natural Cola Flavor With Other Natural Flavors, Adaptogenic Blend (Eleutherococcus Senticosus, Panax Ginseng, Panax Quinquefolium, Schisandra, Astragalus, and Reishi), Caramel Color, Acesulfame Potassium, Caffeine, Sodium Benzoate, Potassium Sorbate, Sucralose, Niacin, Pantothenic Acid, Pyridoxine HCL, and Cyanocobalamin.
**Protein source from free form amino acids.



Energy drink xs. Amway xs energy.

Caffeine Amount80 mgCaffeine strengthMODERATECalories10Serving size 8.4 fl oz can XS Energy Drinks are a range of sugar-free carbonated energy drinks. The drinks are sold through Amway "Independent Business Owners" - which is effectively a multi-level marketing (MLM) business plan. There are a large number of flavors, but all have 80mg of caffeine per can. XS Energy Drink Flavors Black Cherry Cola Blast Cherry Blast Citrus Blast Cola Blast Cranberry-Grape Blast Electric Lemon Blast Energy + Burn Root beer Blast Tropical Blast Wild Berry Blast Classic Blast Naranja Blast Summit Blast XS Gold All of the above flavors of Amway's XS have the same caffeine content.Ã Â There are caffeine-free versions of Cranberry-Grape Blast. Where To Buy XS Energy Drink - Cranberry-Grape 12 Pack,7.33 lbs, 8.4 fl oz Each Amazon.com Price $40.00 ($3.33 / Fl Oz)(as of 20:48 EST More InfoProduct prices and availability are accurate as of the date/time indicated and are subject to change. Any price and availability information displayed on Amazon.com at the time of purchase will apply to the purchase of this product.) XS Energy Drinks - Variety Pack 12 Cans 8.4 Ounce Each Amazon.com Price $42.00 ($0.42 / Fl Oz)(as of 20:48 EST More InfoProduct prices and availability are accurate as of the date/time indicated and are subject to change. Any price and availability information displayed on Amazon.com at the time of purchase will apply to the purchase of this product.) XS Energy Drink - Tropical Blast 8.4 fl. oz., Pack of 12 Amazon.com Price $49.00 ($0.49 / Fl Oz)(as of 20:48 EST More InfoProduct prices and availability are accurate as of the date/time indicated and are subject to change. Any price and availability information displayed on Amazon.com at the time of purchase will apply to the purchase of this product.) See more XS Energy Drink at Amazon.comReviewThis review was completed by an independent drink reviewer and does not necessarily the views or beliefs of this site.XS Gold is the 11th drink and newest in the XS Energy Drink line by Amway. XS has a quite unique flavor line ranging from Cherry to Root beer, yet Gold separates itself from the rest. XS Gold is made up of 6 unique fruit flavors (mangosteen, pomegranate, red grape, acai, blackberry and blueberry). I have been pretty happy with my experience with XS, yet will this Gold be more of a 24 carat type or fools gold? Taste Cracking open the XS Gold top gave me a scent of different fruits. I couldn¢ÂÂtÂ Â narrow it down to one. I could definitely taste a variety of fruit tastes, yet just like the scent, I can¢ÂÂÂt seem to pinpoint the taste. The carbonation is just right and there¢ÂÂÂs a very nice sweetness that makes the drink real smooth. XS Gold Energy Ingredients XS Gold promotes itself as the ultimate functional energy drink with their unique combination of exotic fruits, additional vitamins, minerals and Essentra (which is supposed to help mental and emotional balance). Containing 50% of your daily value of a number of vitamins and 100% of your Niacin. Yet when they say additional vitamins, they really mean it with 300% B6 and 8000% B12, yes 8000! Now was that necessary? Overkill just a bit? Still with all that, only 15 calories and 1.5 of sugar. A can of XS Gold contains 83mg of caffeine. Effect The can is only 8.4 oz (250ml) so it¢ÂÂÂs quite easy to finish quickly. The energy boost didn¢ÂÂÂt take long to get me going, but sadly, just as quickly as it came, it was gone only lasting roughly 40 minutes. No sense of any crash thanks to the vitamins and minerals and only 1.5 grams of sugar. Verdict XS Gold Energy Drink had a good taste and quick rush, yet the taste was good, not great and with the energy quickly fleeting, I probably won¢ÂÂÂt be reaching for any XS Gold anytime soon. Not that there was anything really wrong with it, I¢ÂÂÂm just looking for more kick in my energy drink. 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It also contains various vitamins and minerals, including calcium and vitamins B, as well as about 80 milligrams of caffeine. This is the same caffeine that you would find in a cup of 8 -ounce coffee, according to the Food and Drug Administration (FDA) of the United States. The ingredients may vary according to the flavor of XS drinks. For example, the XS Energy Cafe Mocha flavor contains 80 milligrams of caffeine, more 2 grams of added sugars and 7 grams of protein, according to Amway. (Amway is the exclusive distributor of the XS Energy brand, according to the Global site of Amway.) Advantages and risks of Sucralose because the flavors of XS drinks replace sugar with the Sucralose, can be useful for people who try to lose weight or prevent weight gain, obeyth and diabetes. Saccalose is approved for use in food as a non -nutritional sweetener, according to the FDA. A review of April 2018 published in the magazine Obesity Notes can be benefited for the replacement of sugary drinks with a non -nutritional sweetener such as Sucralose. Non -nutritional sweeteners, or high -intensity sweeteners, are commonly used as sugar substitutes because they are many times more sweet from sugar but contain few or no calories, says the FDA. These sweeteners can be useful for the management of weight and the prevention of certain conditions, such as type 2 diabetes, cardiovascular diseases and non -alcoholic fat liver disease, according to the revision of obesit. The benefits are even greater for individuals who consciously engage in calorie restriction and intentional weight loss, add the authors. On the other hand, the consumption of non -nutritional sweeteners can negatively influence blood sugar, according to a September 2018 study itamusnoc itamusnoc itteggos I .ivitirtun non itnacificlod id elautiba omusnoc ossab nu e Ãtilibromoc aznes inas itteggos otlovnioc ah oiduts oL .noitirtuN lacinilC fo lanruoJ naciremA'llus every day for 14 days, after which they showed a significant decrease in sensitivity to insulin. The study suggests that sucralose can affect the metabolism of glucose and the ability of the body to control blood sugar. Evita XS in Excess A October 2015 study published in the Journal of Health Sciences (IJHS) recognizes that energy drinks can improve physical performance. However, IJHS also warns against the consumption of excess energy drinks. The concern is mainly with the caffeine content of energy drinks such as the XS Blast, XS Energy Cafe Mocha and other XS drinks flavors. According to the IJHS study, caffeine consumption can improve memory, increase vigilance and increase mood — but consuming too much caffeine can cause: an increase in heart rate and blood pressure. Symptoms of caffeine intoxication in doses equal to or greater than 200 milligrams, including anxiety, insomnia, gastrointestinal disorders, muscle twitching, restlessness and periods of inexhaustibility. Chronic and acute headache. stroke or epileptic seizures. Cooking in individuals who consume more than 300 milligrams of caffeine per day, possibly resulting in high cortisol levels after taking caffeine. Dehydration during prolonged exercise in a warm environment. The loss of sodium in urine, which affects the volume of plasma and causes a significant alteration of cardiovascular performance during exercise. The harmful effects of excess caffeine consumption can be aggravated in young people. IJHS authors note that about two-thirds of energy drinks consumers are 13-35 years old. Only in the United States, energy drinks are the second most common food supplement, according to the IJHS. To make sure you enjoy the benefits of yourXS Blast, XS Energy Cafe Mocha or other flavors XS Drink, practice moderation. The FDA cites 400 milligrams a day as generally a safe quantity of caffeine for healthy healthy .teid .teid yhtlaeh A FO Trap in ,taw ro aet in hcus ,sevitantretla reihtlaeh rof sknirne tuo paws ot yww ytivitinses yerid yred yrd yknic rots yknic rot yrd yrd yrd yrd ekam nac snoited ro snoitddnoc .adf eht sdda ,nosrep ot nosrep morf seiravv dezilotem s'ti hcihw because eht dna dna enieffac ot ytivitises

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