XS ENERGY DRINK™


# FAQs

**Q-1: How much caffeine do XS energy drink contain and how does this compare with other caffeine-containing beverages?**

**Ans.1**: XS energy drink provides about 80 mg of caffeine per can. This is about the same as the amount of caffeine provided by an average strength cup of coffee, and about twice that in a cup of tea. It is also about twice the level of caffeine found in a can of carbonated, cola-flavoured soft drink. For more detail, refer to the table at the end.

**Q-2: Whether sports people can consume XS energy?**

**Ans.2**: Sports people or athletes can consume XS energy as it provides 80mg of caffeine per can and only one can per day is recommended on label.

**Q-3: How does caffeine helps sport people? And what is IOC limit for Caffeine?**

Caffeine act as an 'ergogenic aid' to athletic performance. An ergogenic aid is a substance or technique that improves physical performance. Caffeine is an effective ergogenic aid, particularly for athletic events that involve endurance (e.g. marathon running, triathlon, long distance swimming). Caffeine has been shown to increase the use of fat as an energy substrate, thereby sparing glucose. For athletes who do choose to consume caffeine as an ergogenic aid, it is important to remember that there is a limit to the amount an athlete may consume before breaching the rules of the International Olympic Committee (IOC).

The amount of caffeine an athlete can consume safely, and that may induce a performance enhancement, will vary according to previous history of caffeine intake, body size, concurrent intake of other caffeine-containing products, and the timing of consumption in relation to the athletic activity. Many athletes who consume caffeine beverages are unaware of their individual acceptable level of intake. An ergogenic benefit for endurance performance can be expected at a moderate intake (3-5 mg caffeine/kg body weight) with a very low risk of being tested above the acceptable IOC level for urinary caffeine concentration (which must not exceed 12µg/ml). For a 60-70 kg athlete, 3-5 mg caffeine/kg body weight corresponds to about three cups of coffee or three cans of caffeinated energy drink (assuming 80 mg of caffeine per can). Caffeine concentration in the blood peaks about 2-4 hours after caffeine consumption, so the caffeine boost is likely to be maximal when needed if the caffeine beverage is taken shortly before the endurance athletic event (e.g. 1-2 hours prior to the start).

**IOC (International Olympic Committee) limit for caffeine is 12µg/ml in Urine, which is equivalent to drinking six to eight cup of coffee or 10 can of cola within 2 to 4 hours before any person get tested.**

# XS ENERGY DRINK

To find caffeine contents in common foods and drinks, refer to the table below:

**The caffeine content of common foods and drinks.**

| Food or Drink | Serve | Caffeine Content (mg) |
|---|---|---|
| **XS Energy** | **250ml** | **80mg** |
| Instant coffee | 250 ml cup | 60 (12-169)* |
| Brewed coffee | 250 ml cup | 80 (40-110)* |
| Tea | 250 ml cup | 27 (9-51)* |
| Hot chocolate | 250 ml cup | 5-10 |
| Chocolate bar – milk | 60 g | 5-15 |
| Chocolate – dark | 60 g | 10-50 |
| Viking chocolate bar | 60 g | 58 |
| Coca Cola | 375 ml can | 49 |
| Pepsi Cola | 375 ml can | 40 |
| Jolt soft drink | 375 ml can | 75 |
| Red Bull energy drink | 250 ml can | 80 |
| Red Eye Power energy drink | 250 ml can | 50 |
| V Energy drink | 250 ml can | 50 |
| Smart Drink - Brain fuel | 250 ml can | 80 |
| Lift Plus energy drink | 250 ml can | 36 |
| Lipovitan energy drink | 250 ml can | 50 |
| Black Stallion energy drink | 250 ml can | 80 |
| PowerBar Power Gel caffeinated sports gel## (strawberrybanana and chocolate) | 40g sachet | 25 |
| PowerBar Power Gel double caffeinated sports gel## (tangerine) | 40g sachet | 50 |
| Gu caffeinated sports gel (chocolate, vanilla, mixed berry and orange burst) | 32g sachet | 20 |
| Carboshotz caffeinated sports gel (all flavours) | 50g sachet | Caffeine content not stated |

* The caffeine content of tea and coffee varies widely, depending on the brand, the way that the individual makes their beverage, and the size of the mug or cup. These values are for a range of beverages as prepared by subjects in a study. It should be noted that some coffee houses (e.g. Starbucks) sell special brews that come in extra large containers with extra strong varieties of coffee. It is possible for such a brew to provide 500-1000 mg of caffeine per serve.