

WHAT'S IN A RED BULL?



FOR MORE INFORMATION, PLEASE VISIT REDBULL.COM/PRODUCTS

A

AMINO ACID

WHERE IS TAURINE FOUND?

- SCALLOPS
- MUSCLES
- HEART
- BRAIN
- POULTRY
- FISH

Taurine is naturally found in the human body at far greater levels than found in a single Red Bull.

B

B GROUP VITAMINS

WHAT DO B GROUP VITAMINS DO?



B-group vitamins play a central role in the normal functions of the brain and nervous system and contribute to normal neurological and psychological functions. Red Bull contains niacin, Vitamin B6, Vitamin B12 and Pantothenic acid.

C

CAFFEINE

THE WORLD'S MOST POPULAR KICK-STARTER!

Whether produced synthetically or from natural sources, your body processes caffeine the same way.

The amount of caffeine in one 8.4 fl oz can of Red Bull is similar to the amount in a home-brewed cup of coffee.

S

SUGARS

WHAT ABOUT SUGARS?

Red Bull contains two types of sugars, Sucrose and Glucose. An 8.4 fl oz can of Red Bull Energy Drink contains 27g of sugars.

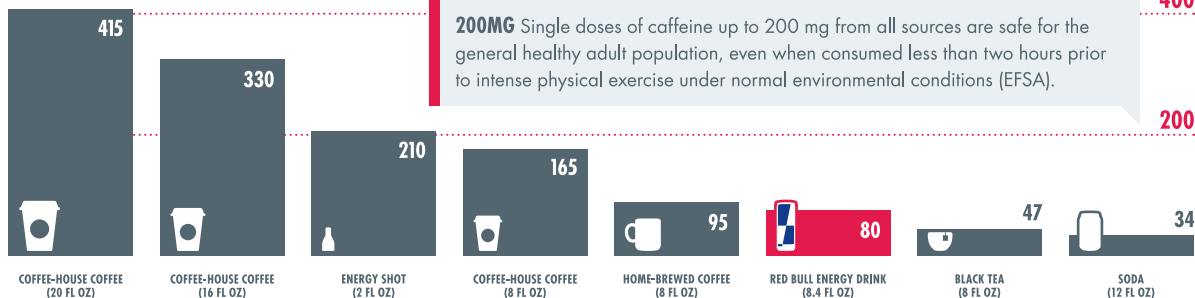


The total amount of sugars in Red Bull Energy Drink is comparable to the level of sugars in an equivalent amount of apple juice.

CAFFEINE COMPARISON (MG)

400MG FDA, Health Canada and EFSA's opinion on safe moderate daily consumption for healthy adults is 400 mg per day

200MG Single doses of caffeine up to 200 mg from all sources are safe for the general healthy adult population, even when consumed less than two hours prior to intense physical exercise under normal environmental conditions (EFSA).



Sources: USDA Nutrient Database, independent company Websites.

RED BULL ENERGY DRINK IS...



WHEAT-FREE



SUITABLE FOR VEGETARIANS



LACTOSE-FREE



DAIRY-FREE



GLUTEN-FREE



NON-ALCOHOLIC



CERTIFIED FOR SPORT
NSFSport.com

Red Bull products are NSF Certified for Sport®, meaning our products are tested for over 270 athletic banned substances from the WADA, NFL, and MLB prohibited substances lists.