



# e9 energy comparison

	e9	Red Bull	Rockstar	Monster	Amp	NOS
Calories	<b>20</b>	110	140	100	120	110
Added Sugar	<b>No</b>	Yes	Yes	Yes	Yes	Yes
Carbohydrates	<b>5g</b>	28g	31g	27g	31g	28g
Added Anhydrous Caffeine	<b>No*</b>	Yes	Yes	Yes	Yes	Yes
l-arginine	<b>Yes</b>	No	No	No	No	No
Vitamin C	<b>500%</b>	0%	0%	100%	0%	100%
Thiamin (B1)	<b>100%</b>	0%	0%	0%	0%	0%
Riboflavin (B2)	<b>100%</b>	0%	200%	100%	20%	0%
Niacin (B3)	<b>200%</b>	100%	100%	100%	10%	25%
Pantothenic Acid (B5)	<b>100%</b>	50%	100%	0%	10%	0%
Pyridoxine (B6)	<b>1000%</b>	250%	100%	100%	10%	100%
Folic Acid (B9)	<b>50%</b>	0%	0%	0%	0%	25%
Cyanocobalamin (B12)	<b>2000%</b>	80%	100%	100%	10%	100%
<b>Cost per unit**</b>	<b>\$1.30</b>	<b>\$2.29</b>	<b>\$2.39</b>	<b>\$2.49</b>	<b>\$2.49</b>	<b>\$1.99</b>

Nutritional information is based on single serving size.

\*e9 contains guarana, a source of natural caffeine

\*\*Prices based off individual quantities.