



## All About Energy Shots

### What's good in the [SweatCommunity](#) 'hood?

There are 2 types of people in this world: those who use 5 Hour Energy Shots and those who don't. Energy shots are the new craze that millions of people have been consuming nowadays. But do we really know enough about the health benefits and/or risks associated with these shots that seem too good to be true?

For those of you who have tried any type of energy shot before, you probably notice that it serves its purpose. You get a little energy boost without feeling jittery and you don't feel a caffeine-crash later. They aren't filled with sugar like most drinkable energy beverages and they contain almost no calories.

Those of you who have stayed away from energy shots probably don't feel like they need the energy boost, don't want to put a weird substance in their body, or a combination of both.

Well I'm not trying to sell you one way or the other, but simply provide a few of the facts regarding research on these popular new fuel supplies.

I personally use them a couple times a week, usually before a long stretch of training. I do notice that I'm able to keep my energy and alertness up, even when I feel like I've burned through the energy from my last meal. I think it's effective and I usually keep a box of them lying around at home. But it got me thinking as to just how healthy it was to be putting these energy shots in my system on a weekly basis. And I'm sure there's a few of you out there that are wondering the same thing.

So as your fearless leader, Coach Chris did some research and here's what I found:

The 2 to 3 oz shots typically contain a blend of B vitamins, caffeine, taurine (an amino acid), and some artificial flavoring. A 5 Hour Energy Shot contains only 4 calories, compared to 100 calories in an 8 oz Red Bull drink.

The energy shots contain about as much caffeine as a cup of coffee, which provides most of the kick. Just like drinking too many cups of coffee, overusing energy shots can cause nervousness, trouble sleeping, nausea, rapid heartbeat, and higher blood pressure. 5 Hour Energy advises no more than 2 bottles a day.

In a cup of coffee or an energy shot, there are about 180 milligrams of caffeine. Nutritionists say that caffeine in doses of 200-300 milligrams is fine, but if you're starting to get way over that, you should cut back a tad. I'd like to add that more than 3 doses of caffeine per day is the max you should consume, whether it's coffee, Coca-Cola, or energy shots.

So from a caffeine standpoint, it seems like energy shots are fine when taken in moderation. However, there are other ingredients in shots that nutritionists are still researching.

They would like to see more studies on the safety and effectiveness of the blends. They say that while the ingredients are all fine on their own, there's not enough research on how they're all going to react together, especially long term.

As for the benefits of the individual ingredients making up energy shots, there are a few. Drinkers may get energy benefits from the taurine included. The B vitamins help produce red blood cells and boost the immune system, but don't boost energy unless a person is B-deficient. In general, B vitamins aren't toxic in large amounts, but extremely high doses of B6 can cause tingling or numbness in the arms or legs.

### **Conclusion**

So what did we learn? From a caffeine standpoint, energy shots have about as much as a cup of coffee. Caffeine consumption in moderation should be fine for you, but too much on a regular basis could have some small side effects. We also learned that the ingredients in energy shots aren't bad for you by themselves, but nutritionists want more research on how the combination of those ingredients together effect drinkers long term.

### **So....**

So here's the deal. If you're looking for a nice pick-me-up, energy shots are probably ok for you. But is "probably" good enough when it comes to our long term health?

Instead, maybe we should look to more natural ways to relieve your tiredness. If you're exhausted during the day, take a look at your diet, stress level, exercise level, and amount of sleep you're getting.

If you want to boost your energy levels naturally, try to follow these tips:

- Eat several small meals throughout the deal rather than 3 large ones
- Avoid large amounts of sugar and fat
- Don't skip meals, especially breakfast
- Exercise regularly
- Take a short walk when you're tired
- Reduce stress
- Get more sleep!

### **SweatBusiness**

-Sweat City tanktops are here! They are \$25 a piece (available in gray or blue) and are made of tri-blend material, the highest quality and most popular stuff out there. But since we love our SweatCommunity so much, you all may reserve a tank for \$20 if you email me before Monday, Sept 1. Take my word for it when I say that they are really great quality and look awesome.

-We will NOT be having boot camp this Sunday or Monday due to Labor Day.

**[SweatChannel Drill of the Week: Plank Knee Twists](#)**

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