

## Superboosting beverages

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These natural pick-me-ups fight dehydration, fatigue, and vitamin depletion while avoiding the high-fructose corn syrup, aspartame, and glucose found in many energy drinks.

By Melaina Juntti

- **Amy & Brian All Natural Coconut Juice**

With more potassium per serving than a medium-size banana, this tropical treat restores electrolytes and boosts metabolism and immunity. Coconut juice contains a modest 10 grams of sugar and 76 calories per 8 ounces, and, because it's alkalizing, it won't upset the stomach like other tropical juices can.

- **FRS**

Stocked with vitamins A, C, E, and B12, FRS comes in orange, peach-mango, wild berry, and lemon-lime, and packs 38 mg of caffeine per 11-ounce bottle. It also contains flavonoid antioxidants to neutralize free radicals—the unstable molecules that cause fatigue and weakness after exercise.

- **Function Drinks Urban Detox**

A prickly pear—flavored, caffeine-free energizer, Urban Detox restores electrolytes lost through alcohol consumption or exertion. It also contains the antioxidant N-acetyl cysteine, which helps the lungs and sinuses clear toxic debris.

- **Guayaki Yerba Maté Organic Energy Drink**

Available in tropical and maté flavors, this cocktail of organic manioc-root starch and evaporated cane juice promotes mental clarity and balances the quick stimulation of yerba maté's naturally occurring 140 mg of caffeine.

- **Naked Juice All Natural Energy 100% Juice Smoothie**

Green tea extract and guarana give this fruit-juice drink 43 mg of caffeine per serving. Each bottle of Strawberry Kiwi Kick and Orange Mango Motion packs iron and potassium, as well as the recommended daily serving of niacin, riboflavin, and vitamins C, B5, B6, and B12.

—Melaina Juntti