



## Function Alternative Energy Drink Review

Written by oshburg on Jun-27-07 1:51pm

★★★★★

From: [energy-drink-ratings.blogspot.com](http://energy-drink-ratings.blogspot.com)

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**Cost:** \$

**Cost Per Ounce:** \$

**Active Ingredients:** Caffeine, Guarana Extract, Yerba Mate

**Taste Rating:** 8.5

**Kick Rating:** 8.9

**Final Judgment Rating:** 8.8

[Energy Drink Ratings Explained](#)

### Function Alternative Energy Drink Review

Today I will be reviewing an Energy Drink that is slightly different than the normal ones that I review. First off the Function Alternative Energy Drink is All-Natural and has a time release formula. This time release formula seems pretty complicated, but is supposed to last 6-8 hours, or supply you with energy for 6-8 hours without any spikes or crashes. I wish I could tell you more about the function of "the time release" blend, but after reading the website I found it hard to follow. From what I gather the Function Alternative Energy Drink uses 4 classes of pharmacokinetics to enhance mood and energy. Pharmacokinetics is the rate at which a dietary supplement is absorbed into the body. The 4 classes that Function uses take effect sequentially. This is how they supply you with that 6 to 8 hours of sustained energy. I hope I got that right, if you want to read more about it, take a look at their website, they seem to explain the whole process quite well. Again, I am not positive if I got the explanation of how the Function Alternative Energy Drink works right, so I will just let you know in my own words if it works as it is supposed to! Read on for the rest of the review!

### Function Alternative Energy Drink Review: Taste

Before we get to the "kick review" lets discuss the also important taste category. Function Alternative Energy labels it's taste as Tangerine-Yuzu. Well I am not sure what Yuzu is but I know what a tangerine is. Usually the Tangerine is a pretty sweet citrus flavor, but in this case it was not as sweet. This is probably because I am used to artificial tangerine flavors topped with sugar or artificial sweeteners. Well there is neither in this drink, but there is cane extract which is better for you than both the aforementioned. So what does it taste like. Well it tastes like a flavored water or vitamin water. This may sound bad, but it actually is not. The flavor was quite refreshing. Although it is not what I am used to, as most energy drinks I review contain sugar or artificial sweeteners, I was more than pleased with the flavor of Function Alternative energy. Taste Rating - 8.5

### Function Alternative Energy Drink Review: Kick

Well the flavor was refreshing and so was the boost of energy I received. I could not tell when the boost "kicked in" as there was no big surge of energy. However, throughout the day I continued to feel refreshed long after I had finished consuming Function. It has been roughly 5 hours since I finished function and I still feel uplifted. So yeah I would have to say 6 - 8 hours of uplifting energy is possible. For energy ingredients it looks like their is caffeine, Guarana Extract and Yerba Mate. There might be other "energy" ingredients but I am not sure what all the other natural extracts are. Kick Rating - 8.9

### Function Alternative Energy Drink Review: Final Judgment

Refreshing seems to sum up both the taste and kick for this beverage. It was a pleasure to review this 16.9 ounce "out of the ordinary" energy drink. The only place I know that you can buy it is online. I am not sure if it is available any where else. If I find out I will fill you in, as it is worth giving a try. In my opinion it would be a great drink to have early in the morning or before a workout, as a refreshed feeling comes in handy in both instances. Oh I would also like to see other flavors developed! Final Judgment - 8.8

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