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Two Faces Of Monster Energy Drink Side Effects—ally Or Enemy?

By Low Jeremy

For those individuals who have tried Monster energy drink, for sure they have experienced its

monstrous effect. Designed to replenish lost body energy, Monster energy drink is really a trusted ally when it comes to activities or task which requires thousands of calories to be used. Whether you are an athlete, student, or working man, such energy drink is relatively helpful when it comes to increasing your stamina and improving your performance, no matter how many calories your body is burning.

However, along with the growing popularity of Monster energy drinks to the market, there is also growing concerns over the potential side effects of taking it. Others are saying that there are ingredients in the energy drink, although considered to be a legal stimulant, which can create adverse effects once its intake is at large quantities.

In discussing the side effects of energy drinks (not just only Monster brand), there are two important concepts that you need to remember. These are as follows:

1. First concept is that every energy drink has its own side effects, based on the mixture of its ingredients. In the case of Monster energy drink, it has its own combination of ingredients that creates various side effects. Take a look on the following discussions:

a. Monster energy drinks has high levels of carbohydrate contents. It makes more difficult for the body to absorbed foods and necessary nutrients into the bloodstream. There are also cases where difficulty in absorbing food and nutrients results to distress and gastro-intestinal problems.

b. Since the absorption of nutrients is slower, there is a large chance that the fluid absorption rate of the body is also slower. Difficulty in natural re-hydration of the body during workouts can cause danger to his/her health. Athletes, who lose great quantities of fluids during games and practices, should be aware of this circumstance for they are one the target markets of Monster energy drink.

c. The sugar content of Monster energy drink poses certain side effects. It causes so-called laxative effect as well as sudden crash in energy level when sugar leaves the bloodstream. Although it is not necessarily a dangerous effect, but it can create other adverse effects.

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d. Excessive intake of Monster energy drink can produce severe health problems. You are aware that one of the active ingredients of Monster is caffeine. Higher caffeine contents mean more energy it can give. Since caffeine is a stimulant, it can cause problems in your sleeping habits (insomnia) and can trigger several ailments such as high blood pressure and heart disease.

2. Side effects are not just about negative impacts. Remember that the boost of energy that Monster gives you is considered to be side effect already. The feeling of invigoration after exercising or doing a heavy-duty task is another side effect. Therefore, side effect can be both positive and negative.

Before taking Monster energy drink, you must be aware of the active ingredients as well as the side effects mentioned above. It will help you evaluate if energy drink is really meant for you. Studying the side effects as well as your health condition can assure you that you are on safe hands. Although it is a trusted ally in providing the increased energy for your body, it can also be your worst enemy as well.

The choice is yours to make.

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<http://energy-drink.articlekeep.com>

Monstrous Content Of Monster Energy Drink

By Low Jeremy

After a hard day's work, you feel like you have lost all your body energy. You just want to rest on your couch or bed and take a sleep, yet you still have activities you need to accomplish. You have to report on your regular exercise routine on a nearby health gym. After which, you will be having dinner with your husband or wife later on. Just how you will handle these activities if you are running out of energy?

Every one of us is releasing energy everyday. We use our stored body energy derived from foods that we eat first thing in the morning and throughout the day in order to mobilize our bodies on performing our daily task, whether in the office, school, gym, or anywhere. In addition, energy keeps our minds active as well so that we can think and act quickly on different tasks involved.

Aside from the foods that are the primary source of our body, there are also energy-boosting beverages that you can drink to replenish the energy that has been lost due to everyday activities. There are different varieties of energy drinks available in the market, and one of which is the Monster energy drink. Of what it is and other attributes of this popular energy drink will be discussed in the preceding sections of this article. Read on and learn more about the "monstrous effect" of Monster energy drink.

About Monster Energy Drink

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Monster energy drink is manufactured by Hansen Beverage Company situated on Corona, California. It was among the pioneers of drinks that have marketed their products on a 16-ounce can, which is twice as large as the regular bullet-size energy drink, yet offered in the same price. Presently, Monster energy drink market is now on most convenience stores and supermarkets within the United States and Canadian territories.

The packaging of Monster energy drink, in case you do not see it yet, is black 16-ounce can with the neon green-colored letter "M" (the logo for Monster energy drink) shaped like a claw. In addition, it has also a green pull tab located on the top of the can, making it easier for you to drink the contents without exerting too much effort on opening it.

Monster Varieties

There are two basic varieties of Monster energy drink. These two are the following together with their ingredients and nutritional contents:

1. Classic Monster Energy Drink

a. Ingredients: i. Carbonated water; ii. Glucose; iii. Citric acid; iv. Sucrose; v. Natural flavoring; vi. Taurine; vii. Sodium citrate; viii. Panax ginseng root extract; ix. Potassium sorbate; x. Niacinamide; xi. Caffeine; xii. Ascorbic acid; xiii. Sodium benzoate; xiv. Potassium; xv. Guarana seed extract; xvi. Sodium chloride; xvii. L-carnitine; xviii. Inositol; xix. Pyridoxine hydrochloride; and xx. Riboflavin

i. Serving size is 8 fl oz; ii. 2 servings per container; iii. 100 grams calories; iv. 26 grams sugar; v. 60 milligrams vitamin C; vi. 1.7 milligrams Riboflavin; vii. 20 milligrams niacin; viii. 2 milligrams vitamin B6; ix. 6 milligrams vitamin B12; x. 180 milligrams sodium; xi. 1000 milligrams taurine; xii. 200 milligrams panax ginseng; and xiii. 2500 milligrams energy blend.

2. Low-Carb Monster Energy Drink

a. Ingredients— the same as the classic Monster energy drink

b. Nutritional content:

i. Serving size is 8 fl oz; ii. 2 servings per container; iii. 10g calories; iv. 3g total carbs; v. 3g sugars; vi. 60 mg vitamin C; vii. 1.7 mg riboflavin; viii. 20 mg niacin; ix. 2mg vitamin B6; x. 60 mcg vitamin B12; xi. 180mg sodium; xii. 1000mg taurine; xiii. 20 mg panax ginseng; and xiv. 2500 mg energy blend.

Once you have drink Monster energy drink, you will notice the improvement of your stamina as well as your physical performance. So, what are you waiting for? Pick a can of Monster energy drink today and replenish your body with energy!

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