

Ever wished you had more energy to last you the whole day?

Energy drinks are marketed to provide that boost of energy you need. But what really is inside an energy drink? Our group looked into different kinds of energy drinks. We researched how energy drinks affect our bodies – what is in it and how it helps to give you instant energy as they claim. You will learn about different energy drinks and how much sugar is in them. You will be surprised with what you are about to discover. You decide if energy drinks are really good for you!