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Our Conversations...

Now That's Hot: Zipfizz Liquid Shot Energy Supplement

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August 29th, 2007 by PG Chic

I have been a fan of Red Bull energy drink since it came out a few years back. However, Red Bull has taken a back seat to my new energy fix [Zipfizz](#). I randomly tried it a couple of weeks ago one sluggish afternoon at work in a nearby convenience store. I went in for Red Bull and left with Zipfizz Liquid Shot Energy Supplement. After I drank it, I read the label and realized that this product has 41,667% of Vitamin B12 daily value. No, that's not a misprint, 41,667%! I read a few Zipfizz testimonials online (as well as their [FAQs](#)) and a few people said they think that's the most B12 you could get from an energy drink, aside from getting more from a B12 injection. (Unrelated — I'll have to write about the Gupta/B12 "diet plan" at some point in the near future.)

Anyway, as suspected, college students are all over Zipfizz (a.k.a. "B12 Crack"). It has caffeine in it, but minimal, and it doesn't give you the coffee jitters. Try it if you need a boost for around 4-6 hours. (Not an endorsement, just my experience.) I'm already orchestrating getting a friend with a Costco membership to hook me up with a 24-pack box of Zipfizz!

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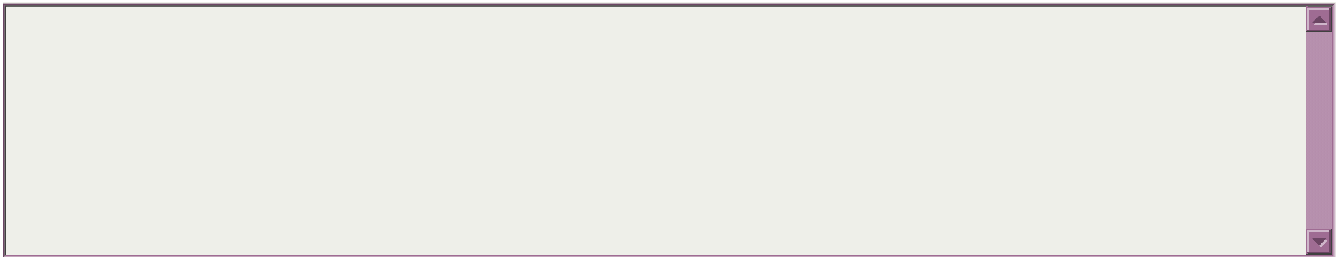
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