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ZipFizz - The New Hype of Energy Drinks

By [George Ehr](#)

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People have always wanted to use mind altering substances so energy drinks is nothing new. There are lots of so called energy drinks on the market and the latest buzz is ZipFizz. Many people swear that this is THE best energy drink on the market right now but is it safe to use? Are any energy drinks safe?

The potent thing in ZipFizz are Ginseng root and Guarana. Guarana comes from a seed of the Guarana plant and it acts like caffeine but is 2.5 times stronger than caffeine you get from coffee or tea. Guarana is know to give you a slow boost instead of the quick boost you get from your coffee in the morning. Guarana slowly dissolves over time so there is no real "kick" to it. It lasts longer than caffeine so you should not take it in the afternoon if you want to have a good nights sleep.

Guarana is also said to have effect on your memory, but if it has a long term effect is yet to be revealed. test on lab rats have show that it might have an effect that will last.

Is it good for you to use all these energy drinks? It depends on how much of it you use. A lot of people say that if they don't take they get depressed. They don't feel as good as they do when they use it, and it is not a good sign.

We think that used wisely there is nothing wrong with energy drinks but we advise you to read the labels since cases have been reported with interactions between health supplements and prescription medication.

If you want to learn more about energy drinks, please visit <http://www.energydrinksreview.com>

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