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Energy drinks



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Zipfizz Energy Shot Review

Written by oshburg on Jul-6-07 11:36am
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Cost: \$2.00

Cost Per Ounce: \$0.50

Active Ingredients: Caffeine. B-VITAMINS!!!

Taste Rating: 8.7

Kick Rating: 9.3

Final Judgment Rating: 9.1

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Zipfizz Energy Shot Review

Well it has been quite awhile since I have done an [Energy Drink Shot](#) review so today I will review the Zipfizz energy shot which retails for about \$1.99. This little 4 ounce bugger only has 30 calories, only 8 grams of carbs and contains zero sugar. The Zipfizz energy shot is marketed as a healthy alternative to energy drinks for those above reasons. Along with the liquid shot, Zipfizz also offers mixable flavored energy powders (which I will be reviewing later). Other than that I don't know too much more about Zipfizz so I will just start the review. That's probably all you care about anyway.

Zipfizz Energy Shot Review: Taste

First off the flavor that I am reviewing is fruit punch. It is the only one currently available but I believe they are making other flavors. So does it taste like fruit punch? Yes the Zipfizz liquid energy shot tastes like fruit punch with an emphasis on the berry flavors. There is some medicinal aftertaste to the drink, but it is less prevalent than the majority of energy shots including one of my favorites - [5 Hour Energy - Berry Flavor](#). But what do you expect when you cram all those energy ingredients into a little 4 ounce shot? I was certainly pleased with the results and would have to say it is by far one of the better tasting energy shots that I have tried so far. Taste Rating - 8.7

Zipfizz Energy Shot Review: Kick

Well the fruit punch / berry taste is pretty good. But will this little 4 ounce bugger give you the energy you need? Well Zipfizz has 120 milligrams of caffeine, taurine, green tea extract and an unbelievable amount of b-vitamins. What's an unbelievable amount? How about 41,667% of your daily allowance of vitamin B-12. So yeah there

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is a lot of energy ingredients packed into this. I wish I would have used this one during a workout as the combination of caffeine and b-vitamins would of have gave me the juice I needed. Instead I choose to shoot it after lunch. Which by all means worked out great. Everybody could use a little pick me up after lunch. Hey, it kept my productivity up, which is pretty hard to do on a Friday! Great quick acting long lasting kick. Kick Rating - 9.3

Zipfizz Energy Shot Review: Final Judgment

Good taste, fast acting kick, low calorie count, no sugar. What more could you ask for right. Maybe some more b-vitamins? All joking aside I don't think I would change a thing about this energy shot. The addition of some more flavors however would be great. I know I would love to try them. I feel pretty confident when I say you would enjoy this one as it is one of the best all around energy shots that I have tried. Final Judgment - 9.1



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