



AAP Publication Reaffirmed

REAFFIRMED

The following publication has been reaffirmed: Schneider MB, Benjamin HJ; American Academy of Pediatrics Committee on Nutrition, Council on Sports Medicine and Fitness. Sports and energy drinks for children and adolescents: are they appropriate? *Pediatrics*. 2011;127(6):1182–1189. <http://pediatrics.aappublications.org/content/127/6/1182>. Reaffirmed July 2017

The reaffirmation includes updates to the original Tables 1 and 2, as shown below.

FREE

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TABLE 1 Contents of a Sampling of Sports Drinks Per Serving (240 mL or 8 oz)

Product	Manufacturer	Calories per 240 mL or 8 oz	Popular Serving Size(s), mL (oz)	Carbohydrate, g	Sodium, mg	Potassium, mg	Vitamins	Other
All Sport Body Quencher	Big Red, Inc	60	591 (20)	16	55	60	C	—
All Sport Naturally Zero	Big Red, Inc	0	591 (20)	0	56	60	B ₃ , B ₅ , B ₆ , B ₁₂	—
Gatorade	PepsiCo, Inc	50	591 (20) ^a	14	110	30	—	—
Gatorade G2	PepsiCo, Inc	20	591 (20) ^a	5	110	30	—	—
Gatorade FC Soccer	PepsiCo, Inc	115	500 (16.9)	29	115	30	—	—
Gatorade Organic	PepsiCo, Inc	57	500 (16.9)	14	109	30	—	—
Propel	PepsiCo, Inc	0	500 (16.9)	0	108	30	—	—
Powerade	The Coca-Cola Co	54	591 (20) ^a	14	100	23	B ₃ , B ₆ , B ₁₂	Magnesium
Powerade Zero	The Coca-Cola Co	0	591 (20) ^a	0	100	23	B ₃ , B ₆ , B ₁₂	Magnesium
Cytomax	Cytosport	60	500 (16.9)	14	90	40	C	Chromium, magnesium
BodyArmor Superdrink	BA Sports Nutrition, LLC	70	473 (16)	18	20	350	A, B ₃ , B ₅ , B ₆ , B ₁₂ , C, E	—
BodyArmor Lyte	BA Sports Nutrition, LLC	20	473 (16)	10	20	350	A, B ₃ , B ₅ , B ₆ , B ₁₂ , C, E	Folic acid, magnesium, zinc

Table updated courtesy of Marcie Schneider, MD, FAAP; Blaise Nemeth, MD, MS, FAAP; and Greg Canty, MD, FAAP. —, not applicable.

^a Also available in numerous other commercial sizes ranging from 355 mL (12 oz) to 946 mL (32 oz).

TABLE 2 Contents of a Sampling of Energy Drinks Per Serving (240 mL or 8 oz)

Product	Manufacturer	Calories per 240 mL or 8 oz	Popular Serving Size(s), mL (oz)	Carbohydrate, g	Sodium, mg	Potassium, mg	Caffeine, mg	Calcium, mg	Vitamins	Taurine, mg	Guarana, mg	Other
Java Monster Mean Bean	Monster Beverage Corp	120	443 (15)	19	247	240	100	200	B ₂ , B ₃ , B ₆ , C	a	a	Ginseng, phosphorus, inositol, L-carnitine, glucuronolactone
Java Monster Lo-Ball Caffeine + Energy	Monster Beverage Corp	50	443 (15)	2	305	60	100	90	B ₂ , B ₃ , B ₆ , B ₁₂ , C	a	a	Phosphorus, ginseng, inositol, L-carnitine, glucuronolactone
Monster Energy	Monster Beverage Corp	100	473 (16)	25	180	—	a	—	B ₂ , B ₃ , B ₆ , B ₁₂	1000	a	Inositol, L-carnitine, ginseng, glucuronolactone
Monster Absolutely Zero	Monster Beverage Corp	0	473 (16)	1	180	—	70	—	B ₂ , B ₃ , B ₆ , B ₁₂	a	a	glucuronolactone
Monster Zero Ultra	Monster Beverage Corp	0	473 (16)	2	180	—	70	—	B ₃ , B ₅ , B ₆ , B ₁₂	a	a	Inositol, L-carnitine, ginseng, glucuronolactone
Monster Energy Extra Strength	Monster Beverage Corp	107	355 (12)	26	201	—	107	—	B ₂ , B ₃ , B ₆ , B ₁₂	a	a	glucuronolactone
Red Bull	Red Bull GmbH	105	250 (8.4), 355 (12), 473 (16)	27	100	—	77	—	B ₃ , B ₅ , B ₆ , B ₁₂	1000	—	Ginseng, L-carnitine, glucuronolactone
Red Bull Sugar Free	Red Bull GmbH	5	250 (8.4), 355 (12)	3	100	—	77	—	B ₃ , B ₅ , B ₆ , B ₁₂	1000	—	—
Red Bull Total Zero	Red Bull GmbH	0	250 (8.4), 355 (12)	0	57	—	77	—	B ₃ , B ₅ , B ₆ , B ₁₂	1000	—	Glucuronolactone
Rockstar Original	Rockstar, Inc	140	473 (16)	31	40	—	80	—	B ₂ , B ₃ , B ₅ , B ₆ , B ₁₂	1000	a	Inositol, ginseng, ginkgo, L-carnitine, milk thistle extract
Rockstar Zero Carb	Rockstar, Inc	10	473 (16)	0	110	—	120	—	B ₃ , B ₅ , B ₆ , B ₁₂	1000	—	L-carnitine, green tea extract, yerba mate leaf extract
Rockstar Sugar Free	Rockstar, Inc	0	473 (16)	0	120	—	80	—	B ₂ , B ₃ , B ₅ , B ₆ , B ₁₂	1000	100	Ginseng, inositol, L-carnitine, milk thistle extract, glucuronolactone
Full Throttle NOS High Performance	The Coca-Cola Co Monster Beverage Corp	110 100	473 (16) 473 (16)	29 27	80 200	—	40 80	—	B ₃ , B ₅ , B ₆ , B ₁₂ B ₆ , B ₁₂	— a	— a	L-theanine
NOS Sugar Free	Monster Beverage Corp	0	473 (16)	0	90	—	80	—	B ₆ , B ₁₂	a	a	L-theanine
Amp Energy	PepsiCo, Inc	110	473 (16)	29	60	—	71	—	—	7.1	a	Ginseng
Amp Energy Zero Sugar	PepsiCo, Inc	5	473 (16)	0.5	63	—	71	—	—	7.1	a	Ginseng

TABLE 2 Continued

Product	Manufacturer	Calories per 240 mL or 8 oz	Popular Serving Size(s), mL (oz)	Carbohydrate, g	Sodium, mg	Potassium, mg	Caffeine, mg	Calcium, mg	Vitamins	Taurine, mg	Guarana, mg	Other
Xyience	Big Red, Inc	0	473 (16) (oz)	2	160	15	a	—	B ₃ , B ₅ , B ₆ , B ₁₂	a	a	Ginseng, L-carnitine, inositol, glucuronolactone

Selection of the specific energy drinks listed was based on the most commonly available products at the current time. Table updated courtesy of Marcie Schneider, MD, FAAP; Blaise Nemeth, MD, MS, FAAP; and Greg Canty, MD, FAAP. —, not applicable.

^a The amount was not specified on the nutritional content label.

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