

# FREQUENTLY ASKED QUESTIONS

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- **1. What is XL Energy Drink?**

A carbonated drink, appreciated for its well-balanced composition of ingredients, functions as an energizing, refreshing, 'pick-me-up'. It eliminates the feeling of drowsiness, physical and mental fatigue.

- **2. Who enjoys the advantages of XL Energy Drink?**

It is an ideal beverage for active people who need an extra dose of energy, alertness or concentration. It is perfect for times when one wants to eliminate the feeling of tiredness and exhaustion. Good examples are – during late night parties, work that demands concentration or particular alertness.

- **3. What are the active ingredients of XL Energy Drink and what are their effects?**

The main ingredients of XL Energy Drink are caffeine, taurine and vitamins from the B group. Caffeine, known and used for centuries, has an invaluable impact on the human body. It is known for mending the speed of reaction, improving concentration, increasing blood pressure and speeding up the metabolism. At the same time it corrects the body's supply of energy. Caffeine is found in many products like coffee, tea, chocolate, and sodas. Taurine is an amino acid initially synthesized from cow meat. It allows for faster muscle recovery and contributes to reduce fatigue. For XL Energy Drink production we use synthetic taurine. Vitamins from the B-family improve performance of the nervous system, and immune system, while improving – concentration, stimulating and eradicating fatigue.

- **4. What is the optimal temperature for serving XL Energy Drink?** XL Energy Drink tastes best when served chilled. Before drinking, please chill down to a temperature of around 5-8 degrees Celsius (41-46 degree Fahrenheit) and enjoy.

- **5. Where do the ingredients of XL Energy Drink originate and are they safe?** All ingredients are manufactured synthetically or come from plants and surpass quality control testing. The product is guaranteed to be safe for human consumption and hygienic.

- **6. Is the product Vegetarian or Vegan certified?** Please note, that whereas our products are not certified vegan, they contain no animal derivatives whatsoever and therefore are suitable for consumption for vegans as well as vegetarians. Furthermore, the Taurine used in the production process of the drinks is synthetic.

- **7. Can you drink "too much" XL Energy Drink?** As with all caffeinated beverages, responsible consumption is encouraged. The maximum amount of energy drink depends on the individual's tolerance to caffeine. People drinking coffee regularly are more resistant to its effects. If coffee and tea, or other rich-in-caffeine products, are consumed only occasionally or not at all, the awakening properties are felt faster, after a much smaller amount is consumed. To enjoy the benefits of XL Energy Drink we recommend a moderate intake not exceeding 2 cans per day.

- **8. Can you mix XL Energy Drink with alcohol?** European Food Safety Authority (EFSA) concluded in 2009 that there is no interaction between taurine, caffeine and alcohol even during physical activity.

It is common knowledge that the excessive and irresponsible consumption of alcohol can have adverse effects on the human body and behavior – but it should be clear that this is due to the alcoholic drink, not the mixer – be it cola, orange juice, tonic or whatever else is mixed with alcohol.

The warnings in European Union are only voluntary and preventative.

- **9. What ingredient sweetens XL Energy Drink Sugar Free and does it bring the same effect as the original?** XL Sugar Free is sweetened with a combination of the most commonly used and safe sweeteners. It contains the same amount of caffeine and taurine as the regular version but without the extra calories.

- **10. Can XL Energy Drink be consumed by minors?** XL Energy Drink and well as coffee, and some sodas contain caffeine. For this reason, they are not recommended for children.

- **11. What group of people should pay particular attention when consuming energy drinks?** Coffee, strong tea and energy drinks are not recommended for individuals suffering from high blood pressure, cardiac conditions, kidney conditions. Drinking these beverages by minors, pregnant or

breast feeding women is also not recommended.

General caution should be taken into consideration by non-coffee or tea drinkers. The effect of caffeine on their organism may be greater than on coffee users.

- **12. Does XL Energy Drink contain preservatives?**The products available in a can (250 ml, 500 ml) are pasteurized and do not contain preservatives. Although the products sold in PET bottles (available in some countries) are also pasteurized, due to the specifics of the packaging, preservatives are added in a very small amount to maintain the product's safety throughout the entire shelf life.
- **13. Are energy drinks and isotonic drinks the same?**No, the two products differentiate in function entirely. Energy drinks provide energy, alertness, and they have a refreshing effect. They eliminate drowsiness and physical exhaustion. Isotonic drinks replenish the body's lack of water and electrolytes. They prevent dehydration.