

r/EnergyDrinks

by Mix

No real explanation needed, here.

As always, any comments by me **will be in cyan**.

Shell

Dijon

Heave

Breakfast

Dr. A

First Sips

What energy drinks do you guys recommend for beginners? Never had one in my life but I want to try one

(https://www.reddit.com/r/energydrinks/comments/cai12i/what_energy_drinks_do_you_guys_recommend_for/)

inzo_9

1 day ago

Just don't start with any drink with 200+mg of caffeine and you should be good. Increase caffeine as you get used to it, but don't go over 300mg/day.

As for flavor, Monster and Bang are the best for me.

Caffeine is good and will improve your performance, but it's addicting. If 300mg of caffeine are not making a difference, take a week off and it'll come back to normal.

connoisseur_of_dank

1 day ago

I go over 300 mg on the regular like a badass

quadropopilous

1 day ago

The lowest caffeine if you're not a coffee drinker. No use feeling bad the first time. And go slow. No shame in drinking one over an hour or two.

Altacc1233

1 day ago

· edited 1 day ago

I mean if you aren't a coffee drinker, a normal monster will mess you up, I was peeing buckets and having a shit everytime I had one

Edit: everytime i had one at the start, now my tolerance is normal

SubbyZ510

1 day ago

There are a lot of delicious sugary ones that are a nice treat, but they'll make you fat and sick if you go nuts with them (speaking from all too personal experience). Full throttle for example is liquid candy.

With all that said, I'd recommend a monster ultra and see how you like it. Widely available and was the line that showed me sugar free can be tasty. My favorite's Ultra Violet the purple one, but they're all pretty good.

And don't fall for the marketing, b vitamins are a nice touch, but caffeine and taste is all that really matters. "Super" creatine and all that other stuff they write on the can is bullshit, if they put enough in the can to matter it would be clumpy and nasty.

How many drinks do you have a day and how much caffeine do you have a day?

[\(https://www.reddit.com/r/energydrinks/comments/c8069g/how_many_drinks_do_you_have_a_day_and_how_much/\)](https://www.reddit.com/r/energydrinks/comments/c8069g/how_many_drinks_do_you_have_a_day_and_how_much/)

forlornjackalope

3 days ago

If I'm well stocked, one a day so I can make them last. As of late, maybe one or two a week. As far as how much caffeine I have daily, it depends. Sometimes it's 300mg, sometimes it's double that, and others I barely get any.

GoriceOuroboros

5 days ago

Generally a NOS (160 mg) when I first get to work and that's it. On my days off though I'll either drink a second energy drink (which is rare) or a pot of coffee when I get home.

I used to be ridiculous with it. In my early twenties I would down 3 to 5 energy drinks a night (I work night shift). I gradually cut down until just within the past couple of months I've gone from two a night to one. I'll still treat myself to a second one here and there if I'm really damn exhausted.

Rippermasterminimini

4 days ago

I'm 15 and work super long hours at macdonalds I get home from school and pull 10 hours usually leave at 1-2 in the morning depending on if I complete close jobs fast or not I found it hard to keep alert and awake so I usually drink a tall mc cafe coffee extra shot I've got no idea how much it caffeine it is but it's a bit and then slowly sip away at 2 cans of watermelon rockstar throughout the night

Why are seemingly discontinued flavors still on Monster's website?

(https://www.reddit.com/r/energydrinks/comments/c8tgzg/why_are_seemingly_discontinued_flavors_still_on/)

Posted by u/GarrisonWhite2

6 days ago

I've been seeing on this sub for months that Assault is going to be discontinued, which seems to be the case, and both flavors from the Punch line have disappeared. I was messing around with the different zip codes on the product locator (set at within 100 miles) for Mad Dog and only got one result.

It's not like they don't keep up that part of their website, with new flavors being added when they come out, as well as being promoted. Is it just some odd level of secrecy that they don't announce when a product has been discontinued?

JerryNewton7

6 days ago

I think that one of the reasons is Monsters last at least 2 years (whole another topic about expired e-drinks). So even when they discontinue a product, you are going to be able to find cans of it many months after production stopped. Of course it isn't the same for every product and some are going to be more difficult to find.

Today I bought a Monster Juice Ripper at Big Lots. Ripper has been discontinued for awhile. Can is 1.5 yr old, but it should be good (gonna drink it tomorrow, and avoid risk haha).

GarrisonWhite2

6 days ago

I'd never heard the two year thing before but if I can be disciplined enough to save the Mad Dogs I have left long enough it'll be like YOLO haha. I remember seeing Ripper at Big Lots but it's been a while. Übermonster as well.

So..... is this an energy drink?

(https://www.reddit.com/r/energydrinks/comments/c8ub2x/so_is_this_an_energy_drink/)

Posted by u/Benjamin-West

6 days ago

[photo of a can of Jolt Cola]

Benjamin-West

6 days ago

I'm trying to cut my costs down. These are a dollar at my store.

I usually drink two red bulls a day. And when I added that up. It was an insane amount of money a month.

I think I remember when these were in like big ass cans with lids when I was younger.

Energized. And only for a buck. Can't go wrong.

Edit

Blue. Cherry red ultra and cola. I googled it. Ahhh yeah. Those were awesome.

justjessee

5 days ago

Cherry Bomb Jolt was liquid ambrosia *wipes single tear* Oh memories.

Benjamin-West

6 days ago

First energy drink I ever had was kick ass or whoop ass or something. I was like 9 lol

SikSensei

5 days ago

I think it takes more than about 70mg per serving to be officially "classified" as an "energy drink". But more than caffeine, true energy drinks have ingredients like B vitamins, L-Carnetine, Taurine. So this is an extra caffinated cola rather than an energy drink. But if all you are looking for is Caffeine and you like this, go for it! Finances are super important and red bull is CRAZY EXPENSIVE for what you get.

Benjamin-West

5 days ago

This has 160 mg per 16 fl oz. so it's up there! But yeah. I know Red Bull's are pretty weak caffeine wise compared to competitors. But I think it's all the other stuff they have mixed perfectly for my body chemistry!

Caffeine is good. But I think I need all that other jazz! Lol

It's a Lifestyle, Not a Choice

Do any of you guys work in a plant that makes energy drinks? I work at Shasta and we make Rip Its.

(https://www.reddit.com/r/energydrinks/comments/c8fjwh/do_any_of_you_guys_work_in_a_plant_that_makes/)

RussianSpeaker

6 days ago

You work at the closest thing to Heaven.

TravisC1997

6 days ago

Gods nectar

dtabitt

6 days ago

What happened to the Ginger one? I miss that shit.

TravisC1997

6 days ago

We make every flavor except A'tomic Pom and Lime Wrecker. I heard they did make a coffee flavor at one point but that was years before I started. Any other flavor that we don't make I've never heard of unfortunately.

dtabitt

6 days ago

It's been a long time, but there was thing Ginger flavor I believe RIP It made...and it was wonderful. I can see why it failed because it certainly was an acquired taste.

Hellbilly91

6 days ago

I only see a few flavors at the dollar store every now and then, didn't care too much for the one i tried but what are the best flavors if I ever see them elsewhere?

TravisC1997

6 days ago

I personally love all of the ripit flavors. My least favorite are Poo-tin power and power. Most Ripits have a flavor that taste like something.

Tribute C.Y.P.-X - Orange Cremesicle

Citrus X - Orange juice

G-Force - Grape soda

F Bomb - Fruit punch

LeMOAN'R - Raspberry lemonade

Red Shot - Red pop

Stinger Mo - Monster energy

Cherry Lime - Cherry lime

Some of them I haven't had enough to pinpoint what other flavors match.

Anyone in the DMV, best place for rare flavors?

(https://www.reddit.com/r/energydrinks/comments/c9id3k/anyone_in_the_dmv_best_place_for_rare_flavors/)

Posted by u/sirdiealot53

4 days ago

Anyone in the DMV area, especially near fairfax, do you have a go-to store or chain for the rarer flavors? Bang/Rockstar Xduration specifically.

sowhatchusayin

3 days ago

Yo my dude. Bang Gang™ family here reppin the DMV. I can tell you that The Vitamin Shoppe and GNC have blessed me with approximately 10 flavors of Bang that I haven't found at any other locations. Specifically Manassas is where I found mine but I'm sure the others in the area do too. Bonus: The Vitamin Shoppe keeps them in a fridge so they are cold at the time of purchase!

sirdiealot53

3 days ago

Wow vitamin shoppe??

Didn't even occur to me that they'd have them there. Thanks

sowhatchusayin

3 days ago

Yeah man, at GNC I found Champagne, Lemon Drop, and Lemon Drop Sweet Tea. At the Vitamin Shoppe I found Bangster Berry, Frose Rose, Rainbow Unicorn, Power Punch, and Sweet Tea. Both of them also had the coffee flavors, but we don't talk about those.

Change to Monster Rehab?

(https://www.reddit.com/r/energydrinks/comments/cakxlt/change_to_monster_rehab/)

Posted by u/habude

1 day ago

So I'm sure I am not the only one who drinks 2 Monsters a day. About a year ago I switch from normal Monster to Rehab, the 10 calories was nice. Well today I opened my can took a drink from it and it tasted...off. I looked at the can and notice to said 15 calories. Now a change of 5 isn't an issue but made me curious if the formula changed as well with the strange taste to it as well.

Jumping on Google I found that some things have changed place in the Ingredients list. If I remember correctly that list has things in order of most used to least used. I only noticed two things (didn't feel like going through the whole list) that changed. Peach Juice Concentrate and Glucose have swapped places and "Natural Flavors" has moved from 19 on the list to 5 on the list.

Now I don't know exactly what all else has change other than those 3 things, but it now tastes metallic(?). Does anyone else notice the same thing or know of this change?

New Rockstar arrived at my local store. Couldn't find a 16oz, Pepsi only stocked the 24oz. This flavor is 10/10.

(https://www.reddit.com/r/energydrinks/comments/c6583w/new_rockstar_arrived_at_my_local_store_couldnt/)

-JacktheBarber-

13 days ago

Are we going a bit overboard with the caffeine? Who needs 400 milligrams of caffeine a day ?

grrouchie

13 days ago

400 is how I start my day Pretty sure I'm going to fucking kill myself with a caffeine overdose

trizairx

13 days ago

I have a friend that drinks 5-6 energy drinks a day. I swear he's gonna die, but he tells me "no regrets".

-JacktheBarber-

13 days ago

I like feeling a rush but I'm pretty sure I'm just beating a dead horse at this point. Bang doesn't even do it for me anymore. I need a tolerance break.

trizairx

13 days ago

I took a month off one time, tried to drink a Bang. I swear I about died.

malipupper

12 days ago

I tried and the headaches and mood swings were fuckin unreal.

Altacc1233

13 days ago

400mg, jesus fucking christ. Heartattack in a can

sirdiealot53

13 days ago

I pound 2 bangs in an hour. It's nothing

Altacc1233

13 days ago

Because that seems healthy...

sirdiealot53

13 days ago

you're in the wrong sub if you want health food

My first Energy Drink story (Comment your first time story in the comments if you want)

[\(https://www.reddit.com/r/energydrinks/comments/c5nh2d/my_first_energy_drink_story_comment_your_first/\)](https://www.reddit.com/r/energydrinks/comments/c5nh2d/my_first_energy_drink_story_comment_your_first/)

I'm going to just sequester most people's 'first drink' stories to this section.

Posted by u/JJMMio

14 days ago

It was a sunny mid June day 4 years ago and i was tasked by my parents with going to buy milk or something of that nature at our local Supermarket. So i walk to the supermarket get the milk and as i begin walking to the cash till my eyes glance over the Chilled beverages section and i notice an energy drink named "Dart stimulation drink" that was priced at only 50c my 11 year old brain looks at the garish font and sleek metal can and is immediately attracted so with shaking hands i grab the can and go to the automatic till instead so i dont have to confront an actual cashier (by the way i was shaking because i was nervous my parents would find out as they were very anti soda/energy drinks) so i check the can out and as i leave the supermarket i crack open the can and take a sip at first i was repulsed then i take another

sip and think its not so bad third sip even better and by the time i was halfway through the can i was in love with it. So now i buy energy drinks whenever possible.

Solipsynthm

14 days ago

It was around 12:30 am. I was a senior in high school, aged 17, and with my group of friends going to our tiny town's 24-hour gas station to get snacks so we could recklessly drive around backroads and light my travel hairspray can on fire with a lighter in a wet cornfield. I went for a F'real milkshake and some pepperoni pizza Combos. I turned my junior friend who had a Full Throttle Blue Agave in her hand. I was confused. Didn't you have to be 18 to buy energy drinks? I went through most of my life thinking you had to present an ID to buy an energy drink. Maybe it was because in middle school kids always talked about hiding energy drinks from their parents in same way teenagers hide alcohol. Anyway, I was delighted to find out that was not the case and drank two cans of Full Throttle Citrus within an hour.

JJMMio

14 days ago

Yeah i remember being nervous as hell the first time because i though the automatic tell supervisor would confront me or something.

Teh-Voice-of-Reason

12 days ago

Although I only had a sip the first Red Bull I ever tasted was when the worst runner on our Cross Country team was recommended to drink one before a race and he gave me a sip. He ended up cramping up and doing even worse.

When I had my first full one I had thrown out my coffee maker a few weeks prior because I couldn't control my urges and thought of trying energy drinks. I thought to myself "Well, since I got addicted to coffee I won't make the same mistake twice so I'll just try them out."

I can't remember which brand I got but NOS was my first energy drink of choice and I remember thinking "I'm buzzing." It tasted better than coffee, it gave me more pep than coffee and unfortunately I didn't learn my lesson and got more addicted than coffee.

[\(https://www.reddit.com/r/energydrinks/comments/c5p99a/first_time_having_an_energy_drink/\)](https://www.reddit.com/r/energydrinks/comments/c5p99a/first_time_having_an_energy_drink/)

Posted byu/XxxSlayerOfDoomXx

14 days ago

It was a nice March day the day right after my 12th birthday and for my 12th birthday I decided to drink something totally new energy drinks. So me and my nephew walk up to our local convenience store to get some drinks and that is where i saw it Tropical Red Bull when we went to the pavilion and I cracked it open the taste was sort of bad at first and then i got used to it then I started drink more redbull and then some monster and monster is still what i drink to this day

[\(https://www.reddit.com/r/energydrinks/comments/abyaom/i_cant_make_good_titles/\)](https://www.reddit.com/r/energydrinks/comments/abyaom/i_cant_make_good_titles/)

Posted byu/fuyghtyugs7dj

6 months ago

I'm 15 and my friend Scott is 13. I chugged 2 cans of Bang. The effect was what I would expect alcohol to be like. We couldn't think straight and we ran around fucking with people and dying laughing the entire time. This was the first time either of us ever had any energy drinks. All I remember is drinking the Bang. My friends said I had like 12 more. For our ages and how much we drank was this supposed to happen.

(https://www.reddit.com/r/energydrinks/comments/2dt34h/what_was_your_first_energy_drink/)

Posted by u/plasker6

4 years ago

From a vending machine I got a Rockstar, but didn't follow it up. They weren't in the college caf. Then I had some Amp often during a crazy summer job requiring 80 hours a week outdoors, and Sundays were also screwed up.

No cans until I was marooned in an office park for really boring training. No free coffee or time to go anywhere. During a break at a vending machine and Monster Java, probably Loca Moca and I got it. First time I saw non-carbonated, coffee, nothing like soda, etc. Then I got them intentionally for work.

Give or take a mixed drink with Red Bull at a party, but that wasn't my drink of choice and don't really count it.

[deleted]

4 years ago

When I was around 8 or 9 we were on a long road trip up to the northern regions of Manitoba. Stopped at a gas station and was curious about what it would be like drinking an energy drink, so I bought a lemonade Rockstar Recovery (because it was a familiar flavour). It was great. Sang Tobuscus' "Nugget in a Biscuit" the entire rest of the way, though.

A tearjerker story of how I got to taste my favorite energy one final time

(https://www.reddit.com/r/energydrinks/comments/c5chn9/a_tearjerker_story_of_how_i_got_to_taste_my/)

Posted by u/RipManor2k16

15 days ago

First let me start off by saying that I'm not dying or anything, no no. My favorite energy flavor was the OG monster Ripper. The grayish one. Not the new juiced one, no, the old Ripper. I live in the Netherlands and it got discontinued back in 2015.

Anyway, I went to Poland with my university class for an essay, and when we went shopping, in the corner of my eye I saw a monster fridge. Of course, being the addict that I am, I just HAD to check it out. There was nothing out of the extraordinary, just a top layer of regular, below that zero sugar, then the yellow and white ultra. But then my eye fell on the middle layer. The entire middle was filled with Juiced, however - something drove me to check the entire layer. And that's where I found it. All the way up against the wall. One singular can of the OG ripper.

I swear I could cry and to date that's the best (and probably last) can of Ripper I've had in my life.

Thank you Poland.

Yum Yum, Energy Drink Recipes

Going cheap with Mio Energy w/Club Soda

(https://www.reddit.com/r/energydrinks/comments/c688ag/going_cheap_with_mio_energy_wclub_soda/)

Posted by u/ffswhateverffs

13 days ago

When I used to work 10-11 hours at a restaurant, I realized I was spending a lot of money on Energy Drinks. When I was grocery shopping I saw Mio Energy and decided to try it. It was ok but I preferred Carbonated drinks, so I added club soda from my jobs soda dispenser and for about \$3 I would make like 15 Energy drinks. Would definitely recommend if you're on a budget.

TypicalNightjar

13 days ago

How's the carbonation level? One of the reasons I love energy drinks is bc I found most carbonated water drinks to be way too bubbly for me. Monster and Celsius being my favorites. But if they made energy-less energy drinks (with the same taste as like Monster Ultras) I would buy that shit up.

ffswhateverffs

13 days ago

Depends on how carbonated the club soda is. I use to by a 2L of any generic brand. You can also flatten it a tad if you shake it up a little.

TypicalNightjar

13 days ago

Oh weird I always thought club soda was a brand of seltzer water. They're all so cheap I guess I can just buy a bunch and sample them.

Mixing it Up

(https://www.reddit.com/r/energydrinks/comments/bh4hhs/mixing_it_up/)

Posted byu/white_duct_tape

2 months ago

I have recently started making non alcoholic mixdrinks with energy beverages. So far my favorite is what I call 'Monster sangria'. The recipe consists of 1 hand full of ice cubes 1 hand full of frozen blackberries A can of green monster poured over top Add 0.3 ml of blue mouthwash and stir. This drink tastes a lot more refreshing than regular monster, and the blue mouthwash really brings out flavor in the other ingredients.

I call it The Heart Stopper

(https://www.reddit.com/r/energydrinks/comments/823i6t/dont_know_if_this_counts_but_its_my_own_special/)

Posted byu/ZShaq

1 year ago

[a photo of The Heart Stopper]

It contains 32oz of Redbull, 64oz of Cool Blue Gatorade, 33.8oz of Mountain Dew, and 1 Five Hour Energy

palatheinsane

1 year ago

What a terrible idea.

ZShaq

1 year ago

Probably. I mean, I don't have this often, only on days where I work for like 18 hours straight

jderm1

1 year ago

You have the whole thing??

ZShaq

1 year ago

Throughout the course of a while day, yeah. With plenty of water though too.

What_The_Fuck_Guys

1 year ago

that's absolutely disgusting and i want to try some

007Monkey

1 year ago

@ZShaq you sir are in animal if you drink that whole thing, First of all its should be called death wish as it has enough caffeine to send you into cardiac arrest, Also the flavor of all those beverages together must be interesting combination.

ZShaq

1 year ago

Without the Five Hour, it's actually not half bad. And yeah, I hear that a lot. But I drink so much red bull as it is that my body's just gotten used to it by now. The Mountain Dew and Gatorade alone taste like Baja Blast Mountain Dew when mixed together

ZShaq

1 year ago

Also probably helps I've been drinking Red Bull since I was 8 because I snowboard

new energy shot mix that I've created (warning this may kill you)

(https://www.reddit.com/r/energydrinks/comments/1r3syx/new_energy_shot_mix_that_ive_created_warni ng_this/)

Posted byu/black_bloc

5 years ago

ingredients : a large 1 dollar gatorade (best colors for taste in my opinion are blue or purple) 3 rinorush double shot engery shots.

pour 3 shots into the gatorage and shake well

my expiernce with this mix i was super hyper for about 7 and a half hours then crashed like a mother felt a bit euphoric and extremely jumpy... it was amazing

warning my heart was beating pretty fast do not use if monster or rockstar makes you have a racing heart

Hey, Maybe Energy Drinks Are Bad For You?

3-5 Monster Ultras/2-3 Bangs a day for months - Intense Addiction

(https://www.reddit.com/r/energydrinks/comments/cb33vr/35_monster_ultras23_bangs_a_day_for_month_s/)

Posted by u/squidoodle816

6 hours ago

Alright so I've drank monster almost daily since I was 13 (21 now). I would drink 2-3 of the originals most days for years. I would get severely angry and mean and depressed if I did not have my drinks. About a year ago I ended up trying out the Ultra/Zero Calorie ones.. didn't love them, but I found myself continuously getting them anyway. I soon became addicted (I think the sucralose has been even more addicting than the sugar filled originals - I hated the white one upon first taste but now it's the only one I want, it's like crack and I have to have it). Anyway, for the past ~4-5 months I've been drinking 3-5 Monster Ultras a day (sometimes a Bang would substitute 2 of them for me). I drink coffee too sometimes. I've also been drinking alcohol every night for about 4 weeks. I'm a petite female (5'1, 100lbs) and I don't eat a lot. My stomach hurts every single day (I assume it's because I've been torturing my body with my drink choices). My heart rate is always high. I've tried multiple times to avoid caffeine for at least one day but I ALWAYS end up giving in because of the headaches and my brain literally will not function adequately without it now. I find that I also get depressed without it - it suppresses a lot of feelings for me. I've been suicidal in the past and Monster has always helped me cope emotionally. I'm making this post in search of advice. I can tell I'm headed down a bad path and I feel like I need to correct it before I quite possibly die. I've been anxious and filled with anxiety nonstop for weeks (I think that's why I've been drinking so much). I'm just not sure how to go about tapering off (I know I will have a bad withdrawal) and getting healthy again. I'm also curious to see if anybody else has had this problem. I'm honestly surprised I have not died yet. I have a two year old, a house to take care of, and a business to handle so I can't just quit cold turkey and sleep through it. Thank you in advance.

skaksksj9021

2 hours ago

Don't sweat it your heart and body starts to adopt not healthy but recoverable. People do meth and shit for years lol. Try to switch to Organic energy and you are also mainly addicted to Fake sugar Aka Suga free stuff

Do Reign and Bang make you feel awful/overstimulated?

(https://www.reddit.com/r/energydrinks/comments/c8iwmd/do_reign_and_bang_make_you_feel/)

Posted byu/AmericanAir88

6 days ago

I have had plenty of Monster and red bull, but I have been doing research on Bang and Reign, two energy drinks that are supposedly "better for you". I only really drink the zero sugar energy drinks anyway and am deciding if I should try it.

I noticed 300 mg of caffeine. Thats a ton, even more than five hour energy plus a red bull.

Does Reign or Bang make you feel overstimulated/ awful meaning fast heart rate, chest pain, things like that.

FlamingChevy96

6 days ago

Not with me but I've consumed high caffeine for a very long time. You you just be sensitive to that much caffeine all at once.

forlornjackalope

3 days ago

You could have a caffeine sensitivity issue, since you're getting double what you're accustom to I'd assume. So far, I haven't had an issue. I'm kind of at a place now where I seek them out for the taste and not the caffeine benefits since they don't do much for me anymore.

Tallclaus

3 days ago

I personally feel like I may have a sensitivity to the "super creatine" in bang. It makes me feel honestly really weird and gives me some weird kind of emotional reaction? I can't explain it but i stopped drinking it. Reign not so much but I feel like these companies have weird proprietary blends when it comes to their "bcaas and creatine".

My energy drink story..

(https://www.reddit.com/r/energydrinks/comments/bxvfdb/my_energy_drink_story/)

Posted byu/Spud788

1 month ago

So as most of you on this subforum I like a good energy drink, I love finding new tastes, different flavours and really enjoy the kick and taste they give me throughout the day!

I'm not a coffee drinker so I rely on them for caffeine as I have a very active demanding job.

Iv probably been drinking them for 3 years, one 300-500ml can day (maximum) with my lunch no particular brand just whatever seems good, no harm done right?

Wrong. 🤔

I'd always read stories about how bad they are for you blah blah they contain this and they contain that, but these days what doesn't contain something bad for you, I had read stories about people dying and getting majorly sick then to read they drink 10 cans a day, which justified my reason to continue drinking 1 a day what harm can it do to my health? Well the answer is nothing .. I'm perfectly healthy.

That is until I went to the dentist for a checkup for the first time in 2 years.

I brush my teeth twice a day, I floss, from the outside I have a good smile, straight white teeth and no visible damage, iv never had any pain or signs to even suggest visiting the dentist with any issues! I just went for a general checkup..

I have just had ten yeah TEN.. cavities filled.. Micro-cavities, that you cant see with the eye but a tiny hole for the sugary energy drinks to seep into your teeth, pool up and basically rot your tooth inside out no matter how much you clean them.

Iv been told I may possibly need root canal on atleast 6 of my teeth because the cavities are so deep and one removed completely.

Zero sugar from now on boys and girls. 👍

455_V8

1 month ago

The culprit is not energy drink themselves, but any sugary, acidic drink (especially coke, because of the phosphoric acid) Also, I always rinse my teeth with water right after drinking one, not sure if that does anything helpful.

IndispensableNobody

1 month ago

It's not the energy drinks, it's how you brush your teeth. I drink one or two a day and just went to the dentist for the first time in ten years. I had no cavities.

Spud788

29 days ago

Interesting 🤔 I'm assuming different people's teeth react differently to things well, maybe mine are just weak..

Weird taste in the last Monster Energy drink, got sick

(https://www.reddit.com/r/energydrinks/comments/c9rybj/weird_taste_in_the_last_monster_energy_drink_got/)

Posted by u/Gallina_Fina

3 days ago

I'm not a frequent drinker, however I do get a normal can of Monster Energy from time to time, and by now I know what it tastes like.

Yesterday I had this can and it had quite a bad taste...I tried pouring it in a glass to see if something was up...but it all seemed fine, so I thought it was me having a bad taste in my mouth already so whatever.

Today I woke up with a big sense of nausea and I'm starting to feel worried 'cause I'm pretty sure that's what caused it, since I didn't eat much yesterday.

I've read about a guy having the same symptoms and finding out he had kidney failure and stuff like that...does anyone know if this could be it? (The nausea is not that bad...yet, it only got really bad as soon as I woke up); Maybe it was just an "expired" can or something like that (even though the date was due 2021). I drank monster energy for a while now, and it never tasted like that...I really hope it wasn't a weird "poison" or something and it was just a "bad can".

What would you guys suggest to do? (Maybe I'm just panicking for nothing and it's simply me getting sick) Forgot to mention it's also very hot these days...and nausea is one of the symptoms of heat exhaustion if I'm not mistaken...but I always hydrate properly so I doubt that might be it.

GA_Magnum

3 days ago

I experienced something similar, also with a normal can of Monster. While I can't be certain it was the can, I definitely got sick (constipation-like, throat hurting quite a bit), wasn't anything major and lasted just a few days, but still a bit weird.

ThisNamelsValid27

3 days ago

What kind of taste was it?

Gallina_Fina

3 days ago

I can't really describe it but...it didn't taste "sweet" like Monster usually does...it felt more chemical-y and sour...but not foul as un-drinkable...'cause in that case I'd just have dumped the can.

“This energy drink is kicking my ass...”

(https://www.reddit.com/r/energydrinks/comments/b9v2v8/this_energy_drink_is_kicking_my_ass/)

Posted byu/nem0nic

3 months ago

I just found this sub, and while reading through it I remembered an energy drink related story I thought you might like.

I used to work in production for a TV news network, so I would sometimes get called in at strange hours to work due to breaking news. My normal shift was 2PM to 11PM, but on this particular day I got called back in at just after 2AM to ask if I could get there by 3:30AM. So I crawled out of bed feeling like hammered shit, took my shower and get in the car and decided I would need to stop and get a couple energy drinks and a power bar in me before I would be in shape for a show.

I pulled into the QT right around the corner and BEHOLD! On ice right at the register was a bin of energy drinks. Perfect. I'll just grab a power bar and be on my way. I threw the power bar and 2 drinks down,

paid, and got a strange look from the cashier as I left. In the car, I cracked open one of the drinks and chugged it down. I couldn't even really tell you how it tasted. I ate the power bar and was finishing up the second energy drink just as I pulled into the parking lot.

So I'm now sitting in the chair doing mic checks and going over my rundown, when my face starts feeling warm. Not hot - like I'm having an allergic reaction. Just warm. OK, whatever. Moving on. Then I start to feel the rush, but it's not the normal energy drink skin crawl kind of kick I usually get. This is hitting me all over. The warm feeling is now spread to my whole body. I lean over to the Chyron op next to me and say "This energy drink is kicking my ass! Do you think it's hot in here too, or is it just me?". She told me it's freezing in the control room (it usually is), and asks me what energy drink it was. I didn't know, but I promised her I would run out to my car in the next break and bring the can in with me. So when we go on break, I run out and grab the can of my new favorite energy drink.

It was Sparks. Sparks was a malt liquor energy drink I had never heard of before that night. At 3AM in Atlanta I was speeding down 85 with an open container chugging malt liquor before my shift at work. Sparks continued to be a friend of mine until his untimely demise.

pekkabot

3 months ago

Why were alcohol infused energy drinks ever a thing? Probably the worst thing to put in an energy drink

nem0nic

3 months ago

Because it's like pouring smiles on your brain. In Miami we used to drink vodka and Red Bulls made from a vodka called PINK that had caffeine in it. I find the combination pretty good most of the time, but it's super strange when you don't know you're drinking alcohol. I sympathize with those people who unknowingly consume pot and think they're dying. My experience wasn't nearly that dire, but it's pretty funky when you have that alcohol buzz and don't know why.

I think Monster formula is wrong in China... or intentionally altered

(https://www.reddit.com/r/energydrinks/comments/6tjfdq/i_think_monster_formula_is_wrong_in_china_or/)

Posted byu/nikkiumn

1 year ago

I just realize a Monster addiction very recently, after I recovered from flu, I found myself craving the taste or the vitamin B or whatsoever thing is in it. I don't know what's wrong in this, maybe you know the answer. I first started drinking energy drinks when I was in college in MN, the cold weather and college papers prompted me to Monsters and Redbulls. But, I never had a problem (with Minnesotan drinks), until recently. I started to work in China. The lack of decent coffee made me decide to pick up cans of Monster in nearby 7-11 and that's how it started. I can't remember the "right" taste of Monster now, but I remembered the first taste of China Monster isn't right. A bit more sugary and stronger in sourish taste. Cans are smaller than the ones in US but the packaging looks legit. At the time I told myself, no this is fake and I won't buy it anymore. Then in just a few days, I have a weird craving sensation for it and I went for a second can and that's how it started. I kept going back for more, and felt lethargy, sick stomach and burning sensation in my chest. I browsed online and I'm pretty sure this is not caffeine withdrawal. I suspect illegal ingredients in these drinks. Anyone else tried Monsters in China? btw, Redbull doesn't taste the same either

What weird energy drink side effects have you experienced?

(https://www.reddit.com/r/energydrinks/comments/h634y/what_weird_energy_drink_side_effects_have_you/)

Posted by u/NeoMoose

8 years ago

The first time I drank a Nos the backs of my eyeballs tingle. For a solid 45 minutes. It was infuriating. For 5 minutes it was great because it made me think I was getting super pumped. Then? Terrible.

Anything goofy ever happen to any other redditors?

Xantr3x

8 years ago

One night, I downed 7 No-Doz with an Amp Big Rig. I got really tired at 3am, even though I'd normally be up that late, and passed out on a couch. The next morning, I woke up, walked to the bathroom, and proceeded to shit for 3 hours straight. There was NOTHING left in my system after that. I spent the next 2 days in bed, and had to call in sick for work on one of them.

kingofdogs

8 years ago

i took an Adderoll my first time with a monster import.

i was mad hyper for 12 hours and i drank more water than i have in the previous 500 days. then pissed for 1 min and 38 secs. XD

then my kidneys hurt. i did 8 papers in 2 days.

What's your "too much caffeine" story?

(https://www.reddit.com/r/energydrinks/comments/blil4c/whats_your_too_much_caffeine_story/)

Posted by u/Ro_Nightfire

2 months ago

I usually drink 2 ultra-monsters everyday (280 mg of caffeine). My first day of graveyard shift (9pm-7am), I bought 2 of the rockstar xduration cans from the vending machine, without looking at the 300mg of caffeine label (even though its in giant print on the can). I drank them pretty early into the night, and after 5 hours of jitters, massive sweat, thirst, and the deadly cycle of drinking water and pissing it out 20 minutes later, i realized i dont have the tolerance to caffeine i thought i did. I didn't fall asleep until around 11am after work, and didnt have an appetite for awhile, but i finished all my charts on time and was able to take my dog for an early morning run.

What are your stories?

Skelleter89

2 months ago

About 4 years ago, before my caffeine addiction, I drank a can Monster original and another one an hour later in about 15 minutes as I was driving home. I was eating at the moment and after I finished the monster, I ended up having a fry go "down the wrong pipe" and started laughing bad.

Tried to take a drink of the monster but forgot it was now empty. It was dark so I just fumbled around on my passenger seat for anything to drink to wash the food down. Grabbed the first bottle I felt. As it turns out... it was one of the bigger bottles of Redline... and I downed the whole thing before I realized it.

Fast forward about 6 hours and I realized I just passed a sign that said "Welcome to Kentucky!" I live in NE Ohio. My simple 20 minute drive home ended up being a 6 hour drive to Kentucky without me realizing it.

All hoped up on caffeine, listening to awesome music and evidently forgot I had a destination.

Needless to say I learned two things that day. I used to have a lower tolerance to caffeine and my cat reallyyy despises it when I'm not home on time.

Ro_Nightfire

2 months ago

Holy shit dude

Skelleter89

2 months ago

Yeeaah. And now I have a nice caffeine addiction. Can't go without it or else it feels like someone is standing on my head. Quitting smoking was easier than this.

Weird part is, my doctor says I'm in perfect health.

The_Ion_Shake

2 months ago

Had one of those old Monster Nitrous (the creamy ones that were supposed to be honey flavoured or whatever). Got one for my friend too, we were going out. He didn't want his so I had his too. While out some reps were giving away cans of V. They open them so you can't onsell them. They just gave me a bunch as were trying to get rid of them. Had those too.

When I got home my vision went red and heart was pounding. Hello overnight hospital stay. Doctors laughed about it though.

Plague-Lord

2 months ago

Once I accidentally made a protein shake out of pre-workout powder (a sample that looked and tasted like chocolate whey), ended up sweating my ass off and thought I was having a heat stroke or something until I figured it out.

zoltanson666

2 months ago

My body doesn't really tolerate the caffeine before lunch, even if i have a substantial breakfast. There was one specific case that made realize that.

We were preparing for the uncle's wedding since 8 o' clock in the morning... I had an average breakfast. Then I drank a Red Bull as I felt tired and not focused enough, I wasn't really in the mood I'd say. Then, about 20-30 min later some relatives arrived and asked me to take pictures of them. My hands were shaking so much that I couldn't make any stable photos. Pictures became unacceptably blurry... Later someone asked me to help him tie his tie. It didn't went well either. :D

After that, I quit drinking energy drinks in the morning :D

Mrmanmoose

2 months ago

i hit a gram and change today and i still haven't felt anything. i'm a little shaky but i don't feel energized or anything, i've never been that sensitive to caffeine i guess.

Cardholderdoe's Monster Energy Sales Pitch

My Monster Energy Drink Sales Pitch

(https://www.reddit.com/r/energydrinks/comments/49s7eh/my_monster_energy_drink_sales_pitch/)

So I'm new to this subreddit, kind of hoping there are some industry reps that can help me get into marketing. This is basically just a free flow of an idea that I think can accurately and heroically describe your energy drink. I'll just hop right in.

Insomnia.

Not that lame-ass "oh I only got 4-5 hours of sleep" last night insomnia. No. You work third shift. That is your default level of existence. This was hours of torture. You vaguely remember laying in bed, eyes sometimes batting wide, other times clenching shut at the coming dread that would be the next day. It could have been a number of factors.

Maybe it was those DOT workers outside your house. You know the ones. Greg and Carl. When they aren't especially busy drilling chunks out of the bridge next to your home and replacing (you hope) them, you notice an odd silence fill the air - secretly, you suspect that they have been banging each in the porta potty they set up next to your house to stretch their hours and waste more taxpayer dollars. On one hand, you're all about free love and if anything does need a hearty milking, its the god (sponsored by Monster Beverage Corp) damn government, those fuckheads. On the other, those hours of ominous silence seem to make the screeching cacophony of porous rock slamming into even more porous rock seem so much louder when it starts up again, just when you are finally drifting away to the best part of your day, sweet oblivion.

On the other hand, maybe you had horribly mismanaged the last few waking hours you had playing video games and watching bad cable reruns. You remember curling up, visions of a new show running through your head - Law and Order: Azeroth. You think about this for so long that you run into the inevitable conclusion that the show would probably get repetitive after only about two seasons due to the fact that the only things the second season would cover would be murders in rural areas, local auction fraud law, and sex crimes.

Plus, you doubt you'd be able to secure the capital to get Sam Watterson back in the game, and with Jerry Orbach dead, without Watterson, what's the fucking point?

However you got here, here you sit. Just starting your shift of "customer support analyst" at Dildoplex, the world's top provider of premium marital aid. Your head is pounding and your eyes are bloodshot, and you didn't even get the sweet joy of drinking yourself stupid cause "it's a weekday" and "you have adult responsibilities". God (sponsored by Monster Energy Drink, LLC) dammit, Obama really did let this country go to shit.

You delay the decision for an hour or two, but finally, the pain becomes too much. You limp to the break room, shell out the four fucking dollars, and out pops your horror and grace.

A solitary can of 16oz Monster Energy drink.

You curl it close to your body, hugging it closely, tightly, like a pee wee football player trying to impress his alcoholic father until you can make it back to your desk. You curl your legs under you, shiver uncontrollably, and in one smooth motion, pop the top.

You take the first sip.

The first impression is the all too familiar taste. That famous green concoction you're pretty sure is labeled in the plant as "cat piss and battery acid." It rolls over your tongue, sticking to your internal flesh, imitating the first phase of it's plan to slowly take over your vital organs.

The process begins at the back of your neck, a tickling of your brain stem as the hordes of parasites multiply en masse to overwhelm your nervous system. This doesn't feel too bad - of course, this is by evolutionary design. If the starting stages didn't feel good, then the host body would have rejected them immediately, leaving them as mere flotsam in the storied pages of biology.

The parasites worm their way through the brain stem to your sensory cortex, where they begin their real mission. The goal of course, is not to provide any real energy, or truly anything worthy of the digestive process. No, this is a calculated assault to simply tickle the parts of your monkey brain into thinking that it's alert, awake, and primed. It's better that way anyway. More streamlined. Less precious calories being funneled into silly afterthoughts like breathing, or pumping the black, nicotine infused sludge that you once called blood through your swelling arteries.

As this phase really kicks in, a certain euphoria begins to creep into the mix. It's the same high that boxers get when they take one too many to the frontal lobe. The numbness washes away any primitive instinct of fight or flight and instead, simply existing becomes the goal. You close your eyes, letting this wash over you when...

Catastrophe.

A small little "mnf" of a muffled cough opens your eyes. There she is.

Debbie.

Before your stupored mind can find the proper synapses to offer a greeting, she sends shots over the bow. Syllable after long stretched syllable forming the rough idea that again, she is pissed off at your quality numbers. Sweet merciful lord (sponsored by Monster Beverage Corp), doesn't this fucking whore know that if someone has 8 inches of hardened plastic up their ass, you're not going to get much of a fucking metric out of them?

Suddenly, you feel kinda bad. You don't usually reserve that type of language for women. Then you remember that you're somewhat certain that Debbie does in fact supplement her income through prostitution. All those long lunches, her waddling back into the office with hair askew and lipstick smeared. Who is even in the market for that? Who is that desperate for this overweight, 65 year old dye job that they'd actually pay for it. I mean, you know it's 2016 and everyone is into everything, but Jesus Christ (sponsored by Monster Beverage Corp), c'mon.

Infuriated and exhausted, your mind flailing for a thought, any goddamn thought other than Debbie's lucrative life as a call girl compared to your own, unsupplemented wages, or how much more attractive she would be with 4 inches of office pen jammed in her temple, you don't even realize when you take the second sip.

And suddenly, all you can picture is Debbie copulating with one of her elderly johns. The thought no longer disgusts you as the intertwining of their bodies becomes rhythmic, hypnotic. Arthritic hip meets cellulite flesh, and the skin from both crash into each other like water. Two pink, plump oceans crashing into each other, like two galaxy sized eldritch gods (sponsored by sponsored by Monster Beverage Corp) struggling with the concept of anatomy so that two can become one become a thousand of new galaxies, spewing across the cosmos like a salmon spawning on some bumfuck river in Alaska you'll never see. The event plays out in your minds eye, equal parts beautiful and horrifying. A stunning cataclysm, and that's what you really need to get you going tonight. An apocalypse both breathtaking in scope and beauty.

As you chase this fever dream through the rabbit hole of your mind, you become roughly aware that the droning has faded into the background into a dull silence, a perfect soundtrack to the film your brain now has on loop.

Somewhere, far away on what Douglas Adams called an insignificant, tiny blue planet, a man that looks a lot like you takes a third sip from a tall, black can.

All at once, the end of the world slows to a distant crawl, and then begins to shift and change. Images and sound blur into one screaming roar of white light. Streams of it, focusing into the distance. At once, you know your existence has met the apex, the divide by zero. You exist in the time between deciseconds, where yourself is relative and the universe is defined by the minuscule sub particles holding atoms together to make everything. Across this new frontier, this new plane, a half-remembered line of a Bill Hicks bit materializes itself in your new ether, in shining blinking lights and the whisper of a sound -

"... all matter is merely energy condensed to a slow vibration, that we are all one consciousness experiencing itself subjectively, there is no such thing as death, life is only a dream, and we are the imagination of ourselves. ..."

This makes an insane amount of sense, and all at once the colors and sounds collide into a single focal point of black that expands across your consciousness and drags you into the nothing that you crave, enveloping you like the womb, like lovers arms, down and down and down.

The next thing you feel is the midday sun beating down on your pale, limp body in a taco bell dumpster, covered in Quesalupa shells next to what you believe is a half eaten badger. You're not quite sure where your clothes are, unless the badger took them. This line of thought is the only thing that makes sense. Like primitive man, you clad yourself in discarded burrito wrappers, using your old skills from working at Old Navy to fashion a pair of boxers and most of a belly shirt. Despite having lost your clothes, your phone was still clutched in your bony grip when you woke up. Now suitably clothed, you start cycling through your apps to find an uber, and are mostly pleasantly surprised at all the new emails from work, praising your great work ethic and positive attitude.

Fifteen minutes later, the Uber arrives. The driver gives you an odd look, but allows you to enter the car. There are long, blaring moments of silence between the two of you until finally, with all the subtlety of a mallet impacting the brain of a baby seal, he jokes "Rough night?"

"Are you God (sponsored by Monster Beverage Corp)?" you half answer, half stutter.

Even more on edge, the driver responds. "I don't think so."

You sigh, rubbing your engorged temples.

"Then you just wouldn't understand."

Monster - GET SOME

Anyway, there's my pitch. Hope you like it. I'm new to the industry, so I'll let you guys use this basic idea in any ads for the low price of a T-Shirt and any smash mouth cd's you can sling my way. Really need the exposure. Thanks!