



XSTM POWER DRINK

Comparison Sheet

SA market

Nutritional value per 100 ml

BRAND	SUGAR (g)	KILOJOULES (kj/100ml)	CAFFEINE (mg/100ml)	B-VITAMINS ¹	CONTENT per 100ml	SA RDA ² % (per 100ml)*	UK RDA % (per 100ml)	SWEETENER
XS TM Power Drink Tropical Blast	0	10	32	Niacin Pantothenic Acid B 6 B 12	19.2mg 6mg 1.7mg 3µg	106% 100% 85% 300%	120%** 100%** 120%** 120%**	Acesulfame K, Sucralose
XS TM Power Drink Electric Lemon Blast	0	20	32	Niacin Pantothenic Acid B 6 B 12	19.2mg 6mg 1.7mg 3µg	106% 100% 85% 300%	120%** 100%** 120%** 120%**	Acesulfame K, Sucralose
Competitor 'A'	11	192	32	Niacin Pantothenic Acid B 6 B 12	8mg 2mg 2mg 2µg	44% 33% 100% 200%	50% 33% 143% 80%	-
Competitor 'A' Sugar-free	0	14	32	Niacin Pantothenic Acid B 6 B 12	8mg 2mg 2mg 2µg	44% 33% 100% 200%	50% 33% 143% 80%	Acesulfame K, Aspartame/ Sucralose
Competitor 'B' Original	11.3	185	35	Niacin Riboflavin B 6 B 12	8.3mg 0.7mg 0.8mg 2.5µg	46% 44% 40% 250%	53% 50% 57% 100%	Sucrose, Sucralose
Competitor 'B' Lo-carb	1.3	23	29	Niacin Riboflavin B 6 B 12	8.3mg 0.7mg 0.8mg 2.5µg	46% 44% 40% 250%	53% 50% 57% 100%	Sucralose, Acesulfame Potassium

Source: Manufacturers' information on SA and UK products

¹B-VITAMINS: Riboflavin = vitamin B2; Niacin = vitamin B3; Pantothenic acid = vitamin B5; vitamin B6 = pyridoxine; vitamin B12 = cyanocobalamin

²RDA: recommended daily allowance

* RDAs adjusted for SA

** Note: SA can label reflects UK RDAs