



Frequently asked questions

What does 'XS™' stand for?

The name "XS™" derives from the word "excess", symbolising your ability to go further and to exceed your limits.

Will the energy effects be decreased if taken daily?

No.

Why do we refer to XS Power instead of XS Energy?

The Regulations in South Africa and Europe regarding energy drinks state that the term 'energy' when referred to a caffeinated drink is not permitted. In order to claim a product to be an energy drink it must contain a certain number of kilojoules, generally obtained from sugar. Since our product contains very low kilojoules and no sugar, the name was changed to 'Power Drink'. This allows it to align in all European countries. 'Power' refers to vitamin B claim, according to the EU health claim regulation.

How much caffeine is in XS™ Power Drinks?

XS™ Power Drinks contain 80mg caffeine per 250 ml can. This is the equivalent to a 1-2 shots of espresso.

What is so special about B-vitamins?

XS™ Power Drink contains potent levels of B-vitamins: niacin (vitamin B3), pantothenic acid (vitamin B5), pyridoxine (vitamin B6) and cyanocobalamin (B12). These B-vitamins support the energy-yielding metabolism and help to reduce the tiredness and fatigue.

Is it possible to overdose on B-vitamins?

B-vitamins are part of the group called "water soluble" vitamins. Excessive amounts of water soluble vitamins are merely excreted through the urine.

What is Taurine?

Taurine is an organic acid and is an essential part of every energy/power drink on the market. It is essential for cardiovascular function, and development and function of skeletal muscle, the retina and the central nervous system. It is a major constituent of bile and can be found in the large intestine. Taurine occurs naturally in food, especially in seafood and meat.

Is there any sugar in XS™ Power Drinks?

In total, XS™ contains less than two kilojoules of sugar. As XS™ Power Drinks contain only traces of sugar, the regulatory approves the statement "No Sugar".

Why do XS™ Power Drinks taste so good with no sugar and very few kilojoules?

XS™ Power Drinks use sucralose and Acesulfame-K instead of sugar. Flavoured with an herbal blend of Chinese ginseng and acai berry, this combination gives the drinks their great flavour without kilojoules from sugar.



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When XS™ Power Drink does not contain sugar, why does it have kilojoules?

Not only sugar, but many other substances also carry kilojoules. The kilojoules in XS™ Power Drink are from the ingredients taurine citric acid and inositol.

Why is it important to NOT have sugar or carbohydrate kilojoules in XS™ Power Drinks?

Kilojoules from sugar and carbohydrates may increase fat deposits. Simple carbohydrates are also called high-glycaemic (high-sugar) foods. High-glycaemic foods cause your body to pump insulin to digest the sugar, which sends a message to your body to store kilojoules as fat. There has been a lot of discussion lately in the press that the sugar balance in people's diet has increased dramatically within the last years causing all sorts of diseases such as diabetes and obesity. Therefore, it is important to watch one's sugar balance and live a healthy and responsible lifestyle in general.

Are the sweeteners used in XS™ Power Drink safe?

XS™ Power Drink uses sweeteners which have been proven safe in over 100 clinical studies, including EFSA (European Food Safety Authority) and US FDA (United States Food and Drug Administration). The sweeteners are approved food additives in over 80 countries.

Does XS™ Power Drink contain gluten?

No. XS™ Power Drinks are gluten free.

Is there a maximum XS™ Power Drink per day?

Like any other caffeine containing soft drink, please do not consume XS™ Power Drink in excess.

What age can one start drinking XS™ Power Drink?

As XS™ Power Drink contains 80 mg caffeine per can (equals 1-2 espresso shots), generally, we do not recommend giving it to children.

Can XS™ Power Drink be mixed with alcohol?

Energy drinks and soft drinks containing caffeine are sometimes consumed with alcohol. This is particularly true when the young generation goes out to party. But like any other caffeine containing soft drink, we do not recommend to mix it with alcohol.