

What's in Australasian Kaos Gold, by Christa Way :

- This energy and vitality drink contains natural herbal stimulants.** The total amount of stimulants from all the ingredients is about the equivalent of one cup of coffee. These include **Mateine** (from Yerba Mate) and **Guaranamine** (from Guarana). Both of these are closely related to caffeine and are non-addictive.
- [**Guarana** is used to enhance athletic performance. It reduces physical and mental fatigue, and keeps the body alert and awake. It's a neuro-stimulant and strongly promotes concentration and presence of mind. It has been shown to activate the body's ability to burn fat for energy and help build a strong immune system.
 - [**Yerba Mate** boosts physical energy and helps stimulate focus and clarity. It is a powerful anti-oxidant and is highly nutritious. Yerba Mate is considered a "superfood" in that it is packed full of health-promoting phytonutrients, and is a powerful immune strengthener.
 - [**Ginseng** is used to fight fatigue. It helps athletes use oxygen more effectively and enhances lung capacity. Helps lower recovery time and reduce effects of stress. Has been shown to regulate metabolism and blood sugar, and improve concentration and thinking ability.
 - [**Taurine** is an amino acid. Every cell of our body needs this on a daily basis. It is vital for so many things including regulating cardiac contraction, regulating blood pressure, and liver detoxification. It is vital for the proper functioning of electrolytes, gets rid of lactic acid in the muscle and protects from oxidative stress. Great for workouts as it allows muscles to work harder, longer and safer. 95% of Taurine is found in animal products, so vegans and vegetarians have a hard time getting this essential nutrient in their diet.
 - [**Vitamin B Blend** - The first nutrients in the body to get used up through stress. B vitamins reduce the risk of heart disease, ease the effects of stress and are mood boosting. These are often called the "feel good" vitamins. They include:
 - Niacin, or vitamin B3, increases energy and is needed for DNA repair.
 - Pantothenic Acid B5, speeds the healing of wounds in the body and helps in reducing cholesterol
 - Pyridoxine, or vitamin B6, is needed for healthy neurotransmitter functioning, including healthy uptake of serotonin.
 - Vitamin B12 is critical for our brain, memory improvement, reversing mental foggy and supporting the body's natural healthy energy production.
 - [Kaos Gold is sweetened with erythritol, stevia, and thaumatin. So **it is SUGAR FREE!**
 - Thaumatococcus** is from the Katemfe Fruit which is native to West Africa and Sudan. It is zero on the glycemic index and is completely suitable for diabetics. It is a combination of proteins and is metabolized in the body as a protein. It has been used for centuries as a natural sweetener.
 - Stevia** has been shown in studies to lower blood pressure and cholesterol and to help regulate blood sugar.
 - Erythritol** is a sugar alcohol that passes through the body and is excreted through the urine unchanged. Bacteria cannot feed on it, and there is no change in blood sugar levels or insulin levels. It has almost zero calories and is completely safe even at very high amounts.
 - Bicarbonate of soda** helps it fizz and mix properly.
 - [**Beta Carotene** is used for the golden color of Kaos Gold. It is converted in the body to vitamin A and is necessary for healthy eyes and skin.