

Trait Energy, Fatigue, & Cognitive Performance with E+ Shot

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The Question

Do natural differences in mental or physical energy or fatigue change how someone responds to E+™ compared to caffeine alone?

Study Design

- 30 adults with low habitual caffeine intake
 - Randomized, double-blind, placebo-controlled, crossover trial
 - Compared E+ Shot (85 mg natural caffeine + adaptogenic herbal blend) to a caffeine-only shot (~100 mg synthetic caffeine)
 - Neurocognitive tests completed before and after each beverage
 - Researchers performed a post-hoc analysis based on each participant's trait mental/physical energy and fatigue
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Results

Participants who typically felt low energy or high fatigue experienced greater benefits from E+ Shot, including smoother cognitive performance and reduced mental fatigue. Those with naturally higher physical energy showed more anxiety and blood-pressure increases after caffeine alone — effects not seen with E+ Shot.

Takeaway

E+ Shot offered the greatest support to individuals who typically feel low energy or high fatigue, providing steadier improvements in mood and cognition and fewer negative caffeine-related effects.

Product Spotlight: E+™

A naturally sourced boost with plant-based caffeine and adaptogenic botanicals for focused, balanced energy. With 85 milligrams of caffeine from green tea and yerba maté, E+ delivers a smooth lift without artificial flavors, colors, or sweeteners.

Learn More

