

Mental Performance & Adaptogens

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The Question

Can adaptogens paired with caffeine improve mental performance more effectively than caffeine alone?

Study Design

- 30 healthy adults with low habitual caffeine intake
- Double-blind, placebo-controlled, randomized crossover trial
- Compared three 2-ounce shots:
 - E+ (adaptogens + naturally sourced caffeine)
 - Caffeine-only shot (dose-matched)
 - Placebo
- Each participant completed all conditions, separated by at least 48 hours
- Measured mood, motivation, reaction time, attention, and cognitive performance for 108 minutes after testing

Results

Caffeine and E+ both increased systolic blood pressure slightly at 30 minutes, remaining within normal ranges. The caffeine-only beverage produced a fast spike in mood and cognitive performance that tapered off at 69 and 108 minutes. In contrast, E+ delivered steadier, more sustained improvements, with comparable benefits to caffeine on most cognitive and mood measures. Notably, E+ improved reaction time at 108 minutes, while caffeine showed a slight decline. No side effects were reported for any treatment.

Takeaway

A blend of adaptogens and naturally sourced caffeine may support smoother, more sustained mental performance than caffeine alone.

Product Spotlight: E+™

A clean, plant-based energy shot with naturally sourced caffeine and adaptogens to support steady energy, focus, and mental alertness. Each serving delivers 85 milligrams of caffeine from green tea and yerba maté with no artificial flavors, colors, or sweeteners.

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