

# 🌿 Welcome to ECO-SHOP 🌿

Empowering Sustainable Living through AI Analysis



HEALTHY FOOD CHOICE



GREEN AND WELLNESS-FOCUSED OPTION  
SMART PICK



DIY -IDEAS

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redbull.jpg 29.8KB



## Provide Additional Context:

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can a 10 year old drink this

**RED BULL® Energy Drink - Caffeinated Beverage.**  
Red Bull is appreciated worldwide by top athletes,  
busy professionals, university students and  
travelers on long journeys.

**"CONTAINS CAFFEINE"**

High Caffeine (75 mg/250 ml). Not recommended for  
children, pregnant or lactating women and persons sensi-  
tive to caffeine. Consume not more than 500 ml per day.

Ingredients: Water, Sucrose, Glucose, Acidulant (Citric Acid),  
Carbon Dioxide, Taurine (0.4%), Acidity Regulators (Sodium  
Bicarbonate, Magnesium Carbonate), Flavours (natural and  
artificial), Colour (Caramel), Caffeine (0.03%), Vitamins  
Niacin B6, B2, B12.

CONTAINS PERMITTED NATURAL COLOUR (CARAMEL IN-  
150i) AND ADDED FLAVOURS (NATURAL AND ARTIFICIAL  
FLAVOURING SUBSTANCES [MIXED FRUIT FLAVOUR]).

Nutrition Information per 100 ml: Energy 45 kcal, Protein 0 g,  
Carbohydrates 11 g (Sugars 11 g), Fat 0 g (Total trans fat 0%, total  
saturated fat 0%), Taurine 400 mg, Caffeine 30 mg, Niacin 2.4 mg,  
Vitamin B6 0.4 mg, Vitamin B2 0.2 mg, Vitamin B12 0.2 µg.

Manufactured at Rauch Fruchtsäfte GmbH & Co OG,  
6714 Neudorf, Kuhlbrückweg 2, Austria by Red Bull Asia FZE,  
Dubai Airport Free Zone, UAE.

Imported for India by: Red Bull India  
Pvt. Ltd., 1st Floor, B wing,  
215 Arjun, Chokola, Andheri-  
Kurla Road, Andheri (E).

Mumbai-400093. For consumer care, contact consumer  
care manager at above address. Ph: +91 2266180888,  
Email: [customer.care@in.redbull.com](mailto:customer.care@in.redbull.com).

For Date of Manufacture; MRP (inclusive of all taxes);  
Batch No. See Bottom of can.



Pasteurised.

BEST BEFORE 24 MONTHS FROM



📷 Uploaded Image

🌞 Analyze with Sustainify

## 🔍 Analysis Result:

### \*\*Product description:\*\*

- **Category:** Energy Drink
- **Name:** Red Bull Energy Drink
- **Size:** 250 ml
- **Additional Details:** Caffeinated beverage, contains 75 mg of caffeine per 250ml, not recommended for children, pregnant or lactating women, and persons sensitive to caffeine. Consume no more than 500 ml per day. Contains natural and artificial flavoring substances (mixed fruit flavor).

### Nutritional Information:

- **Protein:** 0g
- **Sugars:** 11g
- **Fat:** 0g
- **Fiber:** None
- **Sodium:** None
- **Caffeine:** 75 mg/250 ml (30mg/100ml)
- **Other Nutrients:** Taurine 400mg/100ml, Niacin 2.4mg/100ml, Vitamin B6 0.4mg/100ml, Vitamin B2 0.2mg/100ml, Vitamin B12 0.2µg/100ml

### Warnings:

- **Caffeine:** Excess caffeine can cause anxiety, insomnia, increased heart rate, and other adverse effects. Not recommended for children, pregnant or lactating women, and persons sensitive to caffeine.

#### Environmental Impact:

- **Carbon Footprint:** None
- **Water Usage:** None
- **Recyclability:** The can is likely recyclable (check local recycling guidelines).
- **Packaging Waste:** Aluminum can; potential for recycling.

#### Healthier & More Eco-Friendly Alternatives:

- **Alternative 1:** Water with lemon or other fruit slices.
- **Alternative 2:** Infused water with fruits and herbs (homemade).
- **Alternative 3:** Organic fruit juices in glass bottles from eco-conscious brands.
- **Alternative 4:** Kombucha (fermented tea drink).

#### DIY Ideas Using Packaging or Waste:

- **DIY Idea 1:** Use the empty can as a planter for small succulents.
- **DIY Idea 2:** Cut and flatten the can to create shapes for art projects.
- **DIY Idea 3:** Clean the can thoroughly and repurpose it as a pencil holder or small storage container.

Can a 10-year-old drink this? No. The product label explicitly states that Red Bull is not recommended for children.



**Shop Green, Shop Smart, Shop with Eco-Shop**

