A memo from the desk of Dr. Rody

Dr. Rody Hawkins, Ph.D.

Re: Where is the energy source?

Energy drinks and energy bars talk about their ability to provide energy for an extended period of time. How do they provide energy? What is the source? Energy comes from the breakdown of carbohydrates, proteins and fats. If these are not provided, you will not have energy. Some energy drinks provide simple carbohydrates (sugars) that are easily broken down into energy. This quick source of energy will provide a boost to your day, followed by a crash. The key is not to provide a spike of energy, but a long steady supply of energy. Some drinks taunt this long duration of energy, but provide no source of energy. The Synergy Stick provides energy from carbohydrates, proteins and fats! Why the three sources? Because this is the way the body provides energy for the long haul. As mentioned, carbohydrates are used first as they provide a spike of energy from the start. This energy source requires the least amount of enzymes and goes quickly to the glycolysis pathway to provide energy. High sugar drinks deliver all this energy in a short amount of time, thus leading to the crash. The Synergy Stick has lower level of carbohydrates than the high sugar energy drinks. Proteins take more time to process but provide the same amount of energy as carbohydrates. The amine group on the protein and their varied structure requires more a complex preparation process to create the calories. This time thus delays the availability of calories from protein to later in the energy release process. Finally, fat is broken down by the process of beta-oxidation and their energy is released later in the day. Caffeine helps promote this process. The energy release from the Synergy Stick is 15% from carbohydrates, 30% from protein, and 55% from fats, instead of all its energy from carbohydrates or none at all. This synergy of energy release will provide the energy you need for the long duration without a spike or a crash; energy lasting 4 to 10 hours.

Rody