

Lost and Found Energy Drink: Find Your Vigor with 150 Milligrams of Caffeine

written by Mike Roberto | July 19, 2022

Remember how much energy you had as a kid?

At some point – it’s difficult to say exactly when – you started *losing* it. You became a little more tired here and there. You found it was harder to focus on your work. And maybe it even became challenging to haul yourself out of bed in the morning.



Lost and Found helps you find your vigor and mentality with an even-keeled 150 milligrams of caffeine and 1 gram of taurine!

What would you pay to get that energy back?

Introducing Lost & Found Energy Drink

You won't have to pay much, because the folks at **Lost & Found Energy** have devised a *special drink* to help you *find your energy again* – without *too much* caffeine.

This clean and efficient supplement contains **150 milligrams of caffeine** and **1 gram of taurine**, and it's sweetened with *sucralose*, which helps give you the energy boost you need without packing on the pounds.

We've been excited about this one – claiming it was our favorite new energy drink so far in 2022 on @PricePLOW social media. Before getting into it, check Lost & Found Energy prices and our video reviews on PricePLOW, then sign up to receive news alerts and notifications about new flavors:

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And now, let's get into the details:

Why an Energy Drink?

Most American adults (85%) consume caffeinated beverages on a daily basis, and an *overwhelming majority* of that consumption comes in the form of tea or coffee – or both.[1] Unsurprisingly, the two most popular caffeinated beverages in the world are tea and coffee, no contest.

So why drink something like Lost & Found Energy? Why not stick with the tried-and-true?

Lost & Found Energy Is Pure and Standardized

One reason to try an energy drink like Lost & Found, other than for the jolt, is for the *purity*. For example, tea and coffee don't just contain caffeine, but also, a *bunch* of different antioxidants and methylxanthines. For most people, these compounds are incredibly healthy and a big part of the beverage's value proposition.



But *tolerance levels are individual*. Even if you don't have an issue with a stimulating chemical like *caffeine*, you might not react well to some random alkaloid in your boutique, single-origin coffee.

When it comes to tea, there can be serious quality issues.[2] While it's growing in soil, the tea plant absorbs large amounts of *fluoride* and *aluminum*. [3] Depending on the quality of the tea, and the region and agricultural practices where tea leaves were grown, it may contain enough metals to pose a hazard to human health, especially when consumed long-term.[4]

So if you've ever gotten the jitters from a cup of coffee, or just felt a bit off after a couple of cups of tea, you might consider trying a beverage that's made with *pure caffeine*. That's where drinks like **Lost & Found** come in!

Lost & Found Energy Drink Ingredients

Two bioactive ingredients in Lost & Found Energy are *caffeine* and *taurine*. Let's talk a bit about why they're beneficial.

- **Caffeine – 150 mg**



Caffeine is possibly the most studied dietary supplement ingredient in existence. It's in the small minority of organic compounds that are known to cross the *brain-blood barrier*, a property that enables the chemical to significantly affect mood, cognition, and physical performance.[5]

By preventing *adenosine* from binding to receptors in your brain, caffeine helps fight fatigue and boost neural activity, even in the face of stress and sleep deprivation.[6]

It also inhibits *phosphodiesterase*,[7,8] an enzyme that breaks down *cyclic adenosine monophosphate* (cAMP),[7,8] a messenger molecule that signals the body to start burning carbohydrates and fat for energy. Because of cAMP's role in stimulating metabolism, increasing cAMP levels through caffeine consumption can raise your basal metabolic rate.[9]

In fact, caffeine can increase the rate of *fat burning* by a whopping 50%, [10] which is one reason why manufacturers like to include caffeine in *fat burner supplement formulas*.

Largely due to its ability to increase the body's energy production by inhibiting phosphodiesterase, caffeine is considered an *ergogenic aid* that promotes athletic and physical performance. In the research literature, caffeine consumption is strongly associated with increased strength, endurance, and power (measured in watts). [11]

Caffeine consumption also comes with significant *nootropic* benefits. It's been shown to speed up reaction time, [12] sharpen attention, [12,13] and increase alertness. [13] Caffeine also may increase *working memory*, [14] the main determinant of *fluid intelligence*, which is known to decline with age. [14]

Here we see a *150 mg* dose of caffeine being used – a little more than what we'd expect to find in a cup of coffee, or maybe 2-3 cups of tea. 150 mg isn't a huge dose, but it's not small either, so if you aren't an habitual caffeine user, drink Lost & Found Energy slowly, or drink half a can, to assess your tolerance.

- **Taurine – 1000 mg**

Taurine is a sulfur-containing amino acid that is classified as conditionally essential, which means that the body produces *some* taurine on its own, but not the full amount required for optimum health.



Taurine is found in high concentrations in muscle, heart, eye, and brain tissues. [15] Supplemental taurine has been shown to improve muscular *endurance* and *contractile force*, [16,17] as well as *oxidative stress* and *insulin sensitivity*. [18]

The reason you commonly see taurine in pre-workout supplements and *energy drinks* like this one is that it has some impressive benefits for mood and cognition. Taurine functions as a neurotransmitter in the brain, where it has *inhibitory* (i.e., the opposite of *excitatory*) effects on neurons by imitating *gamma-aminobutyric acid*. [19-23]

When taurine binds to GABA receptors in your brain, it can lead to a state of *deep relaxation* [24] and improve learning and memory. [25,26]

Taurine also has significant anti-anxiety effects. [27-29]

We like seeing the *1000 mg dose* of taurine being used – this is the same dose of taurine used in popular endurance-boosting [17] pre-workout supplements and a few select energy drinks. Its efficacy has been repeatedly verified by the research literature on taurine supplementation.

Flavors Available

Lost & Found Energy comes in a few unique flavors, and we recommend trying each one:



Conclusion – Now available at Vitamin Shoppe

If reading this article made you want to give **Lost & Found Energy** a try, we have good news! You'll eventually be able to purchase Lost & Found Energy at all **Vitamin Shoppe** locations, [30] meaning you can scoop up a case while you're making a run to restock on your favorite supplement brands.

We understand why Vitamin Shoppe is opting to participate in the *Lost & Found*

Energy Launch, because you really can't go wrong with *caffeine* and *taurine*. We appreciate the *simple and effective* approach to an energy drink formula – not too much caffeine and the flavors are top notch.

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