The answer to the question **- ‘What's the best energy drink'** is finally here**! Cintron** is a refreshing and healthy energy drink that offers improved performance and focus. Our range of energy drinks come in three fruity flavors. Grab a drink from your nearest stores.

**Can energy drinks help with dehydration?**

Energy drinks contain glucose which has electrolytes. On a hot day, you are more prone to sweat more which can cause your body to get rid of essential electrolytes. This can lead to dehydration and can affect your performance at work or during an activity.

Downing an energy drink can help with restoring electrolytes thereby keeping your body well hydrated. There is no question of **'what's the best energy drink'** anymore because our range of energy drinks act as the perfect thirst-quenchers that brings out the best in you.

**Benefits of drinking energy drinks**

Energy drinks not only offer improvement in performance and strength but comes with a surprising number of other health benefits as well. Here are a few benefits to consuming energy drinks:

Improved energy - Energy drinks primarily offers an energy boost, provides stamina and improves overall performance. The caffeine and glucose content in these drinks keeps you alert and attentive for up to 6 hours after downing a drink.

Assures safety - Most energy drinks come with a ingredients table on its label that offers complete information on all the ingredients and the percentage of each ingredient. This helps you keep count of the amount of caffeine and glucose that you consume with each can unlike what happens when you consume large quantities of coffee.

Healthy Option - There are different types of beverages and energy drinks to cater to the dietary needs of different people. Energy drinks can be low-carb, low-sugar, keto, vegan, sugar-free, etc.

Increased reaction time - energy drinks contain essential vitamins, taurine, glucose, and other vital minerals and amino acids. These can have beneficial effects on human behavior and brain functions.

Mood improvement - People who often suffer from mood swings can enjoy an occasional energy drink at a party or at places where they feel dull, moody or left out. Energy drinks reduce the feeling of fatigue and anxiety and elevate your mood.

Energy drinks are not lifesavers but they certainly can improve your day in many ways. But remember to consume these drinks in moderation. Enjoy our range of 100% natural energy drinks and get a taste of the real deal.

**Can energy drinks improve concentration and memory power?**

Studies on energy drinks and their impact on cognitive abilities show that energy drinks can improve mental performance and focus in individuals for up to 6 hours. Especially when it comes to recollecting memories and concentration, subjects have shown better results in both these areas after consuming an energy drink.

Furthermore, the study also found improvement in secondary memory and reported an increase in the ratings of stimulation amongst the subjects. Your quest for **'What's the best energy drink'** ends here. Indulge in the real taste of an energy drink with **Cintro**n.