

# THE REVIEW ARTICLE ON, POLYHERBAL ENERGY DRINK

<sup>1</sup>MANISHA RAOSAHEB GADHAVE, <sup>2</sup>SADHANA BABURAO BEDRE

RBT REASEARCH DEPARTMENT  
CHHATRAPATI SAMBHAJINAGAR

**Abstract-** Energy drinks (EDs) are commonly contains caffeine-based beverages that commonly contains large amount of carbohydrates and sugar, energy drinks used as CNS stimulants, such as ginseng and vitamin are used for drinks which are marketed for to enhance the activities such as sport mainly these ginseng and vitamin are used for herbal energy drinks

## INTRODUCTION:

Now days consumption of energy drinks has increased day by day due to the High caffeine content in energy drinks among the youth generation, the energy drinks have advers effect so for minimizing the advers effect we use herbal energy drinks now many drinks available in the current market contains different amounts of Caffeine but has the adverse side effects



**Fig-Ginseng**

## Advantages:

- 1) Increase attention
- 2) CNS Stimulant
- 3) increase blood pressure, heart rate

## CONCLUSION:

- Consumption of energy drinks (EDs) has many benefits such as combat fatigue and CNS Stimulant, increase fitness

## REFERENCES:

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2. Satyendra Gautama, (Physical, biochemical and antioxidant properties of some Indian honeys.) Food Chemistry 2010