



Article Side

The Verve Energy Drink - the Nitty Gritty by [Cassandra Brownings](#)

Article published on March 9th 2012 | [Health](#)

How come energy drinks called energy drinks? Simply because if they do their job right, theyâ€™re jam packed with ingredients that help fuel your body and may support greater efficiency â€” and in the case of Verve, with long-term benefits as well.

Inositol

Today, weâ€™re providing you with the hard â€œcellâ€• about inositol. Inositol, a member of the B vitamin family, plays a crucial role in synthesis of cell membranes and functions in cellular communication. And if you're thinking that sounds like a mobile-phone advertisement, youâ€™re not far off. In the same way you require a good signal to have a conversation, your cells work together in keeping your body running efficiently. Inositol is water-soluble, and daily intake is recommended for optimal health advantages.

D-Ribose

With energy drinks like Verve running over sodas as the favored fuel for on-the-go lifestyles, theyâ€™re the natural option for energy and great taste.

D-ribose, a sugar obtained in nature, is an ingredient that may enhance the production of energy in the heart and skeletal muscle tissue. That means itâ€™s a powerful fuel that works with your body for optimal results. Some research has indicated that D-ribose may play a role in promoting vitality. Now, thatâ€™s sweet news!

Choline

Whenever we need a shot of energy, our bodies operate best on nutritious ingredients. Thatâ€™s why energy drinks like Verve have become the wholesome option for folks on the go. Choline is a nutrient that serves the body in a number of ways. For one thing, itâ€™s a foundation for acetylcholine, which is involved in nerve-signaling through the entire brain and the body. Choline supports the overall health of cells by being part of the cell membrane structure. Despite the fact that our bodies by natural means synthesize choline in little quantities, extra consumption is necessary for optimal health and wellness advantages.

So much to accomplish, so little time. Isnâ€™t that constantly the way? With so much on our collective plates, we quite often run short on time as well as to get to every little thing we would like to do.

Taurine

In past times, people relied on coffee or soda to help manage hectic lifestyles. These days, however, quite a few turn instead to energy drinks for that extra boost. Now, letâ€™s learn a little about a featured ingredient in Verve, which is taurine. An amino acid found in meat and fish, taurine is assumed to play a role in neurological development. Some research has concluded that there may be an improvement in athletic and cognitive overall performance when taurine is coupled with caffeine. Taurine combined with the other supporting ingredients in Verve is what provides your body with that insanely healthy energy when you need it most.

Guarana

What's the buzz about guarana? Amazingly, this Brazilian climbing plant most widely known for its fruit gives the coffee bean a run for its money, with health benefits to boot. The seed of the guarana berry has twice the number of caffeine as the coffee bean. But this berry isn't only about the jolt! Research conducted recently discovered that guarana combined with multi-vitamins and minerals may help cognitive endurance.

Need more proof of guarana's wonder? Simply ask the Saterã-Mauã, an indigenous tribe of the Brazilian Amazon. Tribe mythology demonstrates that the Saterã-Mauã have used guarana for thousands of years for overall health and medicinal reasons, including as a pre-hunting energy boost. Sounds a lot like exactly how we love Verve today, doesn't it? Guarana is an ingredient that has been used throughout the ages to assist in energy and alertness, and now you can get all the benefits plus much more in great-tasting Verve.

So are you convinced to drink Verve Energy Drink? Have a sip and experience the power for your increasingly energetic lifestyle!

Article Source:

<http://www.articleside.com/health-articles/the-verve-energy-drink-the-nitty-gritty.htm> - [Article Side](#)

[Cassandra Brownings](#) - About Author:

a [Verve Energy Drink](#) is a trusted brand by doctors. It has the right amount of energy that you're looking for in an energy drink. a [Verve energy drink](#) is a convinient way to be healthy.

Article Keywords:

verve, verve energy drink, Dr. Oz verve, Dr. Oz verve energy drink

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!