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Ditch The Four Loko, Try These Energy Drinks Instead!

By [Andrea Uku](#)

Cocaine, Burn, Crunk, Full Throttle, [Four Loko](#) – Do those really sound like the names of anything you'd want to put into your body? Yeah, me neither! But the way I've been feeling lately, I'm on the verge of desperation. My [daily coffees](#) aren't doing the trick anymore, and I refuse to become one of those people who can't make it through the day without a 5-hour Energy drink. So, what's a girl to do? I did some research, and it turns out there are a number of lesser-known, but equally effective, healthy alternatives out there. Click through for some [energy boosts](#) that you can consume without worrying about going into cardiac arrest.

Instead of caffeine and sugar FRS uses Quercetin, which is an antioxidant that triggers the body's ability to self-produce natural energy.

(FRS Healthy Energy, \$28.48 for 12, frs.com)

