

How are the ingredients of Red Bull Energy Drink produced and where do they come from?

The water in Red Bull is Alpine water of the highest quality, which comes from the Austrian and Swiss Alps. The sugar is produced from sugar beet.

Ingredients such as taurine, caffeine and vitamins are synthetically produced to ensure consistent high quality. All ingredients comply with food regulatory requirements.

Learn more about Red Bull ingredients [here](#).

Is taurine made from bull's testicles?

No. The taurine in Red Bull is not derived from animals. It is produced synthetically by pharmaceutical companies, which guarantees the highest quality standards.

Taurine

Taurine is an amino acid, naturally occurring in the human body and present in the daily diet. It is involved in a wide range of biological processes.

Taurine is found in high concentrations in muscle, brain, heart and blood. A person weighing 70 kg has approximately 70 g of taurine distributed throughout their body. Put another way, a 70-kg person naturally already has in their body 70 times the amount of taurine contained in one can of Red Bull Energy Drink.

Taurine is also contained in different foodstuffs like scallops, fish, poultry and most infant formulas.

Does Red Bull Energy Drink contain any doping substances?

No, Red Bull Energy Drink does not contain any doping substances nor is it banned for use by professional athletes. In January 2004, the World Anti-Doping Agency (WADA) removed caffeine from the list of doping substances. The International Olympic Committee (IOC) agreed to this decision.

Learn more about drinking Red Bull during sports [here](#).

Can you drink too much of Red Bull Energy Drink?

One 250 ml can of Red Bull Energy Drink contains 80 mg of caffeine, about the same amount as in a cup of coffee. The consumption of Red Bull Energy Drink should conform to a person's intake of caffeine.

Many authorities around the world have looked at the effects of caffeine. The European Food Safety Authority (EFSA) concluded in its scientific opinion on the safety of caffeine (2015) that caffeine intake of up to 400 mg per day (five 250 ml cans or five cups of coffee) does not raise safety concerns for the general healthy adult population. This is in line with similar findings from the US Food and Drug Administration (US FDA) and Health Canada. However, pregnant and breast-feeding women should limit their caffeine intake to 200 mg.

All ingredients, including the caffeine content, are labelled on the can.

Is Red Bull Energy Drink safe?

Red Bull Energy Drink is available in more than 170 countries, including every state of the European Union. Health authorities across the world have concluded that Red Bull Energy Drink is safe to consume. More than 6.7 billion cans were consumed in 2018 and over 75 billion cans since Red Bull was created in 1987.

One 250 ml can of Red Bull Energy Drink contains 80 mg of caffeine, the same amount as in a cup of coffee. The European Food Safety Authority (EFSA) concluded in 2009 that the ingredients of energy drinks are of no concern. In 2015 and 2017, the EFSA confirmed the safety of energy drinks and their ingredients.

All ingredients of Red Bull products are labelled on the can.

Are there any recommendations on how Red Bull Energy Drink should be used in sports?

The use of Red Bull Energy Drink during sportive activities varies depending on the type of sport, the situation and the athlete. Red Bull Energy Drink can be consumed before, during and after sportive activities. Red Bull Energy Drink is a functional product, but it is not a thirst quencher. It has not been formulated to deliver re-hydration. Hence, water should be consumed in addition to Red Bull Energy Drink during exercise.

When should Red Bull Energy Drink be consumed?

Red Bull Energy Drink gives you wings whenever you need them – be it at work, during sports, while studying, playing a video game, when going out or visiting a festival, or on the road. Red Bull is the perfect companion for an active lifestyle.

What is the functionality of Red Bull Energy Drink?

Red Bull Energy Drink's special formula has been appreciated worldwide by top athletes, students, and when undertaking demanding work or during long drives, as Red Bull Energy Drink is a functional drink that gives you wings whenever you need them. Please learn more about the formulation of Red Bull Energy Drink at [ingredients](#). If you want to learn how and when top athletes consume Red Bull Energy Drink, please click [here](#).

Red Bull – a member of “Energy Drinks Europe” (EDE)?

“Energy Drinks Europe” (EDE) was founded in 2010 to engage in an open dialogue with all stakeholders around energy drinks, to promote responsible marketing of energy drinks and to create a public knowledge base on energy drinks for everyone interested in this category. Large, medium and small sized companies, including Red Bull, are members of EDE.

EDE has summarised a set of clear and simple principles in a Code of Practice relating to the marketing and labelling of energy drinks. This code voluntarily goes beyond the legal requirements and is meanwhile established as a trade practice for the producers of energy drinks.

As the other members of EDE, Red Bull has committed to comply with this Code of Practice. Learn more about this Code of Practice at: <http://www.energydrinkseurope.org/code-of-practice/>

What are the nutrition facts of Red Bull Energy Drink?

All ingredients of Red Bull products, including the nutrition facts are labelled on the can. Please check the product label of your country.

Learn more about the nutrition facts of the other Red Bull products:

[Red Bull Sugarfree](#)

[Red Bull Zero Calories](#)

Is Red Bull Energy Drink gluten-free, wheat-free, lactose-free, and dairy-free?

Yes, Red Bull Energy Drink is gluten-free, wheat-free, lactose-free and dairy free!

Learn more about Red Bull ingredients [here](#).

Is Red Bull Energy Drink suitable for vegetarians?

Yes, Red Bull Energy Drink is suitable for vegetarians because the Red Bull Energy Drink uses only non-animal ingredients.

Where does the water in Red Bull Energy Drink come from?

To ensure the same premium quality around the world, Red Bull's key production sites are located in the Austrian and Swiss Alps.

The Alpine water used for Red Bull Energy Drink comes from springs nearby the production and filling sites and is available in abundance: The Alps are one of the world's biggest fresh water reservoirs, which are constantly replenished.