



Beat Fatigue with FRS Plus

From Shereen Jegtvig, Your Guide to Nutrition.

More Than a Sports Drink

Guide Rating - ★★★★★

I have tried several vitamin supplements and nutrition products that have promised to improve energy levels and I have usually been disappointed. Not this time. FRS Plus is a great product for increasing energy levels quickly without any harmful ingredients.

This sports drink is mixed with water to make a tasty orange beverage. There are two versions, the regular which has 110 calories per serving, and a low carb, which has only 20. Formulated for athletes, this drink will help many people.

The Perfect Combination of Two Great Anti-Oxidants

FRS Plus is a new product from New Sun Nutrition. The FRS stands for **Free Radical Scavenger** because this sports drink is formulated with several anti-oxidants. The two main ingredients in FRS Plus are quercetin and green tea extracts. Quercetin is naturally found in foods like apples, cranberries, and red onions. Quercetin is a natural anti-oxidant, anti-inflammatory, and anti-histamine. Quercetin has been shown to fight free radicals in the body which makes it a great protector for all our cells.

Green Tea contains powerful antioxidants called catechins. Catechins have been studied extensively and are much stronger than vitamin C.

Additional B Complex Vitamins Help Improve Vitality

B complex vitamins are essential for energy production, sugar metabolism, protein metabolism, production of blood cells and many other functions. Different B complex vitamins are found in various foods in our diet, such as whole grains, dark vegetables, and meats. FRS Plus has the B complex vitamins added to make sure that these essential vitamins are available. This addition of B complex vitamins to the quercetin and green tea catechins makes FRS Plus an even better product.

Vitamins C and E Add Even More Anti-oxidant Activity

Both vitamins C and E are well known anti-oxidants and their presence in FRS Plus adds more anti-oxidant activity. Anti-oxidants like vitamins C and E, and the catechins and quercetin help to fight free radicals. Free radicals are little cell-killers in our bodies that are natural byproducts of our metabolism as we use oxygen. Unfortunately, we are exposed to many more free radicals from pollution, junk foods, smoke, pesticides, and even stress adds free radicals. Vitamin C is usually found in citrus fruits, strawberries, and some vegetables and other fruits. We don't make any vitamin C in our bodies, and we don't store it very well, so we need to replace vitamin C frequently, especially with so much free radical exposure. Vitamin E is found in grains and oils. It is a fat soluble vitamin that we can store in our bodies, but a little extra is helpful.

Extra Energy Boost with Taurine

Taurine is an amino acid that is essential for health. When taurine is deficient we may have an increased risk of heart disease or retinal problems. Taurine is found throughout the muscles and brain and can also function as a detoxifier. The presence of taurine in FRS Plus will help to support healthy muscle function and could aid the body in detoxifying harmful substances.



Who Would Benefit from FRS Plus?

What struck me the most about this product was how quickly I felt my energy levels soar. Within a few days, my mental focus and mood improved immensely. The combination of catechins and quercetin seems to enhance the therapeutic value of each substance compared to the therapeutic value of each substance alone. This product could be an excellent addition to treatment for chronic fatigue symptoms, to boost energy levels for people suffering from chronic disorders, and it also has been shown to [improve athletic performance in elite athletes](#). I suspect that FRS Plus may be beneficial for people suffering with mild to moderate depression and anxiety disorders as well. I am very impressed with this product, and I give it my top rating of 5 stars.

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