After my first month of taking Natural Energy, it is now a must have. It provides me with the energy I need throughout the day. I take two lozenges in the morning and no more second cup of coffee in the afternoon, my caffeine intake has decreased. There are no side effects like the shakes, increased heart rate, and absolutely no crash like other energy supplements and drinks I have tried in the past. I'm impressed and happy that I found a natural alternative to give me the energy that I need.

Tara