

JOCKO GO, OR JOCKO NO?



The purpose of this investigation was to determine the effects of an energy drink (Jocko GO) on measures of mood, sustained attention/reaction time, and hand steadiness.

METHODS

A total of 22 active men (n = 6) and women (n = 16) participated in this randomized, crossover, counterbalanced trial.

Research participants arrived at the Institute of Human Performance on two different occasions separated by one week. Each subject consumed either one can (355 ml) of the energy drink or consumed nothing (control). Each assessment was made 30 minutes after consuming the energy drink, whereas, in the control condition, assessments were made 30 minutes after arrival to IHP.

PARTICIPANTS

(mean ± SD: age 22 ± 5 yr; height 169±9 cm; body mass 68 ± 9 kg; lean body mass 52 ± 10 kg; fat mass 15 ± 7 kg; percent body fat 22 ± 9%; total body water 38 ± 7 liters)

ASSESSMENTS

Psychomotor Vigilance test,
Profile of Mood States (POMS),
Hand Steadiness test (Hole Type Steadiness Tester, Lafayette Instrument)

Supplement Facts		
Serving Size 1 Can (355 mL)		
	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	0 g	0% †
Total Sugars	0 g	#
Vitamin B6 (as Pyridoxine Hydrochloride)	0.5 mg	29%
Vitamin B12 (as Cyanocobalamin)	100 mcg	4,167%
Choline (as Choline Bitartrate)	100 mg	18%
Magnesium (as Magnesium Citrate)	50 mg	12%
Sodium (as Sodium Chloride & Sodium Gluconate)	95 mg	4%
Potassium (as Potassium Citrate)	50 mg	1%
Acetyl L-Carnitine	500 mg	#
Caffeine	95 mg	#
Alpha-GPC	100 mg	#
Theobromine	100 mg	#
L-Theanine	95 mg	#
Bacopa Monnieri (whole Herb Extract)	50 mg	#
• † Percent Daily Value (DV) based on a 2,000 calorie diet • # Daily Value not established		
Ingredients: Filtered Carbonated Water, Natural Flavors, Malic Acid, Monk Fruit Extract, Fermented Sugar Cane (Reb-M)		

RESULTS/FINDINGS

There were no significant differences between the control and treatment groups in any of the assessments.

RELATED LITERATURE

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IMPORTANT!

Future research should examine additional time points, as well as different energy drinks

AUTHORS

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