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FRS Energy Chews (Orange)

Posted by [James McQuiston](#) on July 4th, 2011 [No Comments](#) [Printer-Friendly](#)

The biggest problem that I have had with energy chews in the past is that many cannot divorce themselves from a vitamin-heavy flavor. No matter which flavor one gets, they cannot taste this vitamin flavor in FRS Energy Chews. While we are reviewing their orange flavor, the company produces a wide array of others – Lemon Lime, Pomegranate Blueberry and Pineapple Mango. We used FRS Energy Chews in a much more stringent way than many, choosing to use them only before and during a workout. On the days that we were running, we noticed an increased amount of energy as well as a decreased possibility of side stitches and post-run soreness. The small amount of calories that are present in FRS Energy Chews (40) is the perfect amount just to keep an individual going until they can pick up a fruit or meal, while the different vitamins present here give one the recommended daily amount of Vitamins A, C, E, Niacin, B6 and B12, and Thiamin and Riboflavin.

The FRS Energy Chews are simple enough to use. Just pop one in your mouth and chew – this can be done after waking up, during class, while working out – at any time when you feel that you need energy. The presence of Quercetin is FRS's leg over the competition; aside from the flavors that it can impart, there have been studies that shows a link between the chemical and decreased amounts of inflammation as well as increasing the amount of energy that an individual uses.

FRS products are available online and at any good fitness shop. Make sure to pick up either the 30-count bag or the 12 4-chew packs, so that you will not easily run out of the product – it's the perfect example of a must-have supplement.

Rating: 9.0/10

FRS Energy Chews (Orange) / www.frs.com

