

This New Science-backed Energy Drink is 100 per cent Natural

More energy, stamina, concentration. Naturally. - by Franki Hobson



Like your energy drinks? Yeah, us too. That's why we're quietly doing squat jumps over this new, Melbourne-born energy drink that's made from 100 per cent natural ingredients.

It's called Siberian Rush, created by healthy energy drink maker Doctor V. Designed by doctors, naturopaths and PhDs, Siberian Rush is a pre- and post-workout adaptogenic energy drink that provides a natural energising boost – an adrenalin hit, without a later, unwanted crash. And the best bit? It has minimal caffeine and half the sugar of other energy drinks.

Here's how it works...



The power of age-old adaptogenic herbs

Siberian Rush is made from adaptogenic and other naturopathic herbs that have been used for centuries in traditional Russian medicine, including the Vikings!

How do they work? Well, adaptogenic herbs stimulate energy, stamina, concentration and boost immunity against a background of (read: resisting) stress, fatigue and particularly intolerance to mental exhaustion, according to [research](#). Adaptogens are like an adrenalin hit, without the usual crash and burn that follows. Think of them like a weight session. When you need both focus, grit AND adrenalin-inducing strength working collaboratively.


It's not just your workout performance that can benefit from adaptogens. Research shows adaptogenic herbs have a host of other benefits including general wellbeing, neuroprotective, anti-fatigue properties, anti-depressive effects and act as stimulant for the central nervous system.



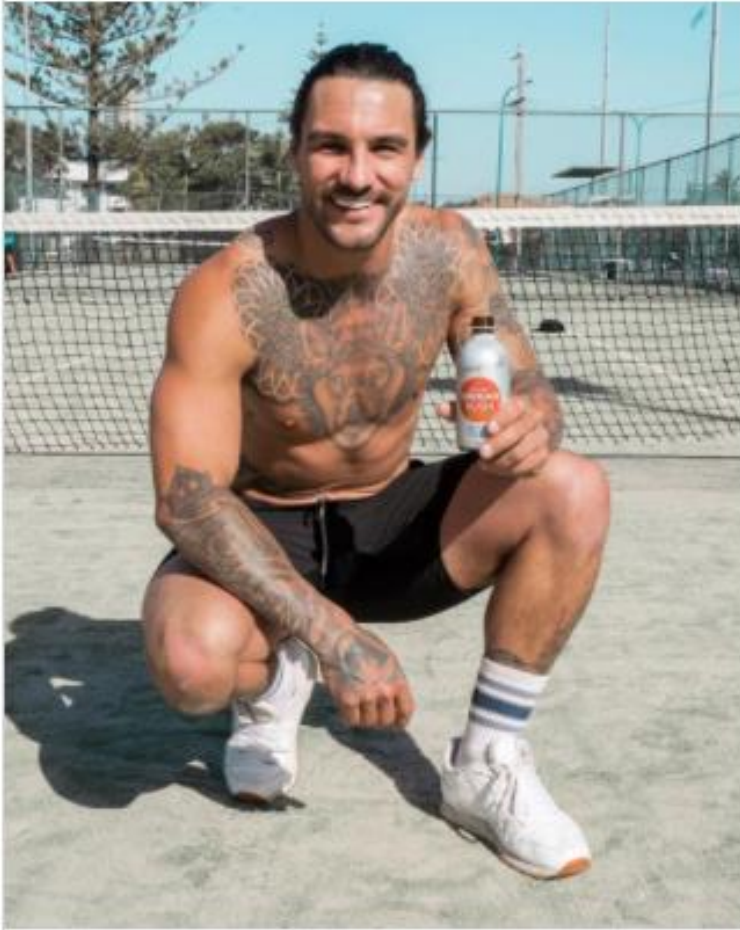
Photo: Doctor V.

Siberian Rush also hosts other powerful ingredients including bio effective Siberian pine extract, wild sea buckthorn and Siberian ginseng – all of which have long-standing credentials in both history and science labs. Take Siberian pine needles, which have been used by the Russians for centuries in both food and medicine as a source of vitamin C, used as a scurvy preventative and was utilised during the siege of Leningrad to feed the starving population. Studies show the extract contains a wide range of antioxidants, organic compounds and micro-nutrients.

Sea buckthorn berries have historically been known as 'holy fruit', and are rich in vitamins A, B1, B12, E, K, P and C. The berries are loaded with flavonoids, carotenoids, and antioxidants. Potassium, calcium, magnesium, iron and phosphorus are also present. Sea buckthorn oil could also be one of the only plant foods known to provide all four omega fatty acids — omega-3, omega-6, omega-7 and omega-9.

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The health perks

Doctor V's Siberian Rush is 100% natural energy - no artificial additives or preservatives. And the big sell? While some energy drinks use artificial herbs synthesised in a laboratory, Doctor V only uses wild, hand-picked berries and herbs. As for the caffeine hit, Doctor V only uses the minimum quantity of caffeine required to be classified as an energy drink under Australian food laws, and has almost half the amount of caffeine and half the sugar of other energy drink brands.

*Brought to you by **Doctor V.***

ABOUT: Doctor V is an Australian-owned and made natural energy drink brand. The range includes four berry-based formulations designed specifically for different outcomes. Siberian Rush is designed for overall health as well as fitness due to its short and long term energy benefits; Bender Mender, created to help speed up recovery for those working long hours or burning the candle at both ends; Karma Karma, for a more balanced and gentle energy boost; and Brain Storm, designed to boost stamina, mental acuity and memory. All the flavours utilise wild hand-picked herbs and berries and pine needle extract from the wild Siberian forests.

Available from IGA Romeo's, EzyMarts, independent IGAs, convenience stores and gyms. Visit Doctor V for more info', or check out their [Instagram feed](#).