

## Tell Us: Are You a Caffeinated Mom?

Category: Poll

A recent story on msn.com looked at the increase in caffeine consumption, specifically by moms. The story cited a study by the National Sleep Foundation that found that more than 65 percent of moms say they need caffeine drinks to “get through their day.”

Now a little caffeine is fine, but a lot of us drink coffee and diet soda all day long. The story says that can result in migraines, gastrointestinal problems and even an increased risk of miscarriage.

An alternative is to switch to more healthy and natural beverages, like Boost Juice. Each starts with pear juice and features healthy “super fruits” like acai berries, a strong antioxidant, mangosteen for joint health, noni for internal cleansing and goji berry for energy and a healthy immune system. They have no artificial colors, sweeteners or preservatives.

While I’m not a “caffeinated mom” I feel a lot better when I swap my daily cola for a Boost. Each 12 oz. juice has the total recommended daily requirement of fruits and vegetables and fills me up so I’m not reaching for a sugary snack five minutes later. My favorite is “Happy” for the energy pick-me-up and because it tastes like sweet cranberries.

Price: \$3.99 with free shipping

Find it: [genesisboost.com](http://genesisboost.com)

Views: 53 | Posted by MomSharyn on 07/09 at 08:00 AM

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