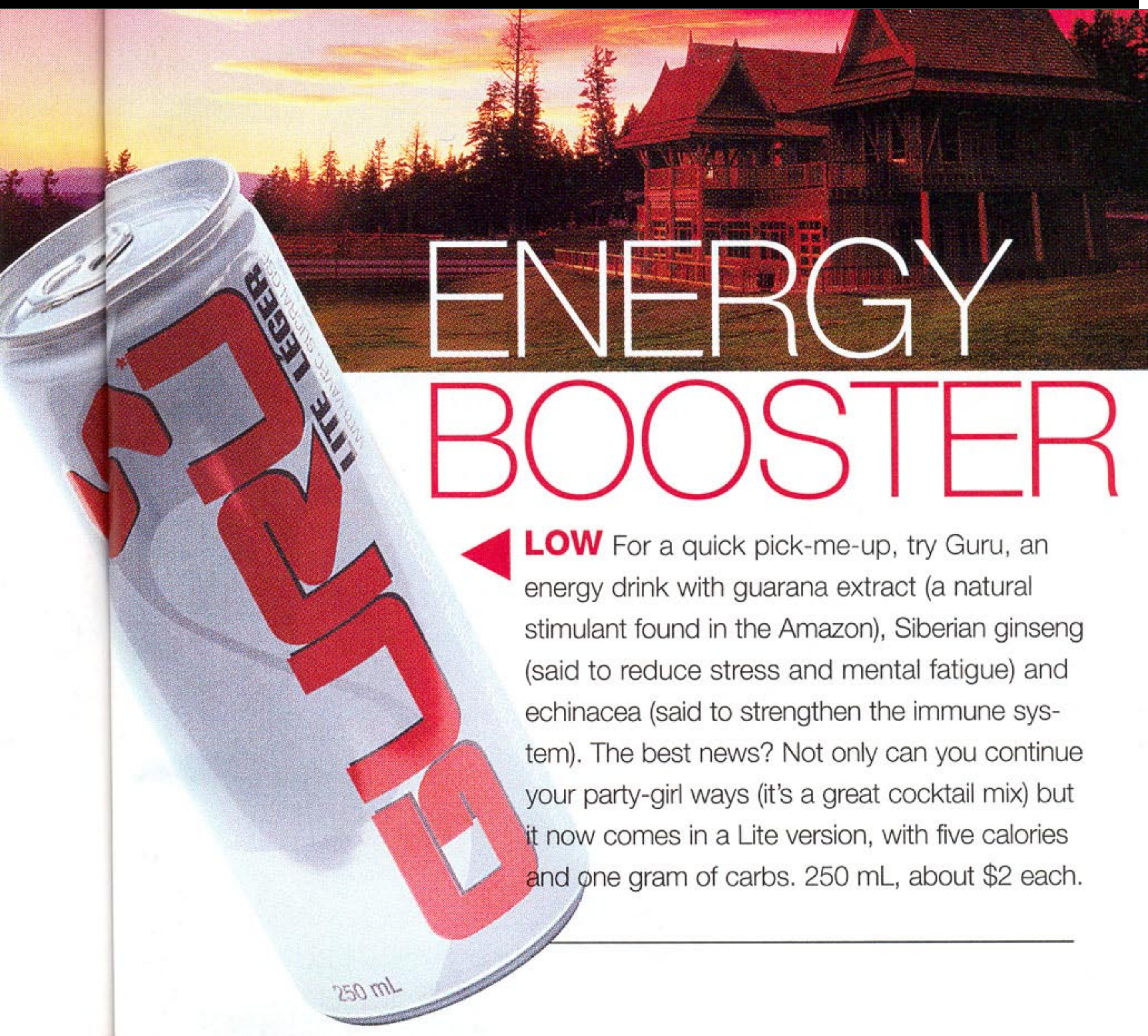


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ENERGY BOOSTER

◀ **LOW** For a quick pick-me-up, try Guru, an energy drink with guarana extract (a natural stimulant found in the Amazon), Siberian ginseng (said to reduce stress and mental fatigue) and echinacea (said to strengthen the immune system). The best news? Not only can you continue your party-girl ways (it's a great cocktail mix) but it now comes in a Lite version, with five calories and one gram of carbs. 250 mL, about \$2 each.