Claims

1. An edible energy composition comprising: a methylated xanthine in an amount from about 0.0005 g/ml to about 0.005 g/ml; a choline derivative in an amount from about 0.00005 g/ml to about 0.0009 g/ml; and at least one flavorant.

2. The energy composition of claim 1 wherein the methylated xanthine is present in an amount from about 0.0036 g/ml to about 0.0045 g/ml.

3. The energy composition of claim 1 wherein the methylated xanthine is present in an amount from about 0.0037 g/ml to about 0.0039 g/ml.

4. The energy composition of claim 1 wherein the choline derivative is present in an amount from about 0.0003 g/ml to about 0.0007 g/ml.

5. The energy composition of claim 1 wherein the choline derivative is present in an amount from about 0.0004 g/ml to about 0.0006 g/ml.

6. The energy composition of claim 1 wherein the methylated xanthine comprises caffeine.

7. The energy composition of claim 1 wherein the choline derivative comprises citicoline.

8. The energy composition of claim 1 further comprising at least one amino acid or amino acid derivative.

9. The energy composition of claim 8 wherein the amino acids or amino acid

derivatives are present in an amount from about 0.005 to about 0.05 g/ml.

10. The energy composition of claim 8 wherein the amino acids comprise a component selected from the group consisting of N-acetyl L-tyrosine, L-phenylalanine, taurine, and combinations thereof.

11. The energy composition of claim 1 further comprising N-acetyl L-tyrosine in an amount from about 0.001 to about 0.008 g/ml.

12. The energy composition of claim 1 further comprising L-phenylalanine in an amount from about 0.001 to about 0.008 g/ml.

13. The energy composition of claim 1 further comprising taurine in an amount from about 0.001 to about 0.008 g/ml.

14. The energy composition of claim 1 further comprising vitamins in an amount from about 0.0005 g/ml to about 0.008 g/ml.

15. The energy composition of claim 1 further comprising a vitamin selected from the group consisting of vitamin B6, vitamin B12, folic acid, niacin, niacinamide, and combinations thereof.

16. The energy composition of claim 1 further comprising glucuronolactone in an amount from about 0.001 to about 0.012 g/ml.

17. The energy composition of claim 1 further comprising: vitamin B6 in an amount from about 0.0001 g/ml to about 0.003 g/ml; vitamin B12 in an amount from about 0.0001 g/ml to about 0.003 g/ml; folic acid in an amount from about 0.000005 g/ml to about 0.0002 g/ml; and niacinamide in an amount from about

0.0001 g/ml to about 0.003 g/ml.

18. The energy composition of claim 1 further comprising a preservative.

19. An edible energy composition comprising: caffeine in an amount from about 0.0037 g/ml to about 0.0039 g/ml; citicoline in an amount from about 0.0004 g/ml to about 0.0006 g/ml; amino acids or an amino acid derivative in an amount from about 0.01 to about 0.03 g/ml. vitamins in an amount from about 0.0010 to about 0.0025 g/ml; glucuronolactone is present in an amount from about 0.005 to about 0.007 g/ml; and at least one flavorant.

20. The energy composition of claim 19 wherein the vitamins comprise vitamin B6, vitamin B12, folic acid, and niacinamide.

21. The energy composition of claim 19 wherein the amino acids or amino acid derivatives comprise N-acetyl L-tyrosine, L-phenylalanine, and taurine.

22. An edible energy composition comprising: caffeine in an amount from about 0.0032 g/ml to about 0.0034 g/ml; citicoline in an amount from about 0.00015 g/ml to about 0.00019 g/ml; amino acids or an amino acid derivative in an amount from about 0.01 to about 0.03 g/ml. vitamins in an amount from about 0.0010 to about 0.0025 g/ml; glucuronolactone is present in an amount from about 0.005 to about 0.007 g/ml; and at least one flavorant.

The invention claimed is:

1. An edible energy composition consisting of:

a methylated xanthine;

a choline derivative;

a member selected from the group consisting of vitamin B6, vitamin B12, folic acid, niacin; N-acetyl-tyrosine, L-phenylalanine, malic acid, citric acid;

taurine, glucuronolactone and combinations thereof;

sucralose;

at least one preservative; and

wherein the composition provides from about 0.1 calories to about 10 calories in about 10 to about 300 ml.

2. The edible energy composition of claim **1** wherein said vitamin B6 is present in an amount from about 0.01% to about 0.3%; said vitamin B12 is present in an amount from about 0.0001% to about 0.003%; said folic acid is present in an amount from about 0.0005% to about 0.02%; and said niacin is present in an amount from about 0.01% to about 0.3%.

3. The edible energy composition of claim **1** wherein said methylated xanthine is caffeine.

4. The edible energy composition of claim **1** wherein said choline derivative is citicoline.

5. The edible energy composition of claim **1** wherein said sucralose is present in an amount from about 0.001% to about 0.4%.

6. The edible energy composition of claim **1** wherein the composition provides about 4 calories in about 2 fluid ounces.

7. The edible energy composition of claim **1** wherein said composition has an acidic pH.

8. The edible energy composition of claim **1** wherein said composition has a pH from about 2.0 to about 3.0.

9. The energy composition of claim **1** further wherein said glucuronolactone in an amount from about 0.1% to about 1.2%.

10. The edible energy composition of claim **1** wherein N-acetyl L-tyrosine is present in an amount from about 0.1% to about 0.8%, L-phenylalanine in an amount from about 0.1 to about 0.8% and taurine in an amount from about 0.1% to about 0.8%.

11. The edible energy composition of claim **1** wherein said preservative is selected from the group consisting of sodium benzoate, potassium sorbate and EDTA and combinations thereof.

12. An edible energy composition consisting of:
a methylated xanthine;
a choline derivative;
a member selected from the group consisting of vitamin B6, vitamin B12, folic acid, niacin; N-acetyl-tyrosine, L-phenylalanine, malic acid, citric acid; taurine, glucuronolactone and combinations thereof;
sucralose;
at least one preservative; and
wherein the composition provides about 4 calories in about 2 fluid ounces.