



Frequently Asked Questions

Q: What is Kynetik?

A: Kynetik is a clean, plant-powered caffeinated drink mix that energizes and hydrates your body and mind. Powered by one of the desert's greatest secrets, the Yerba Santa plant, Kynetik delivers smooth, sustained energy without the crash, jitters, or synthetic additives found in most energy drinks.

Q: What makes Kynetik different from other energy drinks?

A: Kynetik replenishes what others deplete. It delivers both hydration and B vitamins — along with neuro-supporting ingredients that enhance focus and help encourage a positive mood state. Plus, it's clean by design: no taurine, no sugar, no sucralose, no aspartame, no artificial colors or flavors.

Q: What is Yerba Santa, and why is it special?

A: Yerba Santa is a plant found most frequently in the Mojave Desert with unique molecules that help fight adrenal fatigue and smooth out the effects of caffeine. This amazing ingredient makes Kynetik the only energy drink that helps combat burnout—while still giving you that powerful lift.

Q: How much caffeine is in one serving?

A: Each serving contains 200 mg of clean, natural caffeine sourced from green tea. That's roughly the same as two cups of coffee.

Q: Does Kynetik support hydration too?

A: Yes! Kynetik includes essential electrolytes like sodium, potassium, calcium, and magnesium to deeply hydrate while it energizes.

Q: Can I take it every day?

A: Yes. Kynetik was designed with daily use in mind. Just don't exceed two servings per day.

Q: Is it safe for people sensitive to caffeine?

A: Kynetik is designed for clean energy with reduced side effects. Ingredients like L-theanine and glycine help balance the stimulating effects of caffeine. However, we always recommend starting with a smaller amount if you're sensitive to caffeine.

Q: Is it clean-label?

A: Absolutely. Kynetik contains no artificial sweeteners, colors, or flavors—and it's free of taurine, sugar, aspartame, and sucralose.

Q: How is Kynetik sweetened?

A: Kynetik is sweetened naturally with stevia and monk fruit.

Q: How does Kynetik support brain function?

A: Kynetik features a science-backed blend of L-theanine, glycine, rosavins, grape polyphenols, and ginsenosides—all chosen for their ability to enhance focus and a positive mood state. Combined with essential B vitamins and clean caffeine, this formula helps sharpen mental clarity while avoiding the overstimulation of typical energy drinks.

Q: What are rosavins and what role do they play in Kynetik?

A: Rosavins are adaptogenic compounds extracted from the *Rhodiola rosea* plant. They help the body adapt to stress, support a positive mood state, and enhance mental stamina. In Kynetik, they're part of the botanical blend that supports balanced energy, focus, and cognitive performance.

Q: How does the amount of biotin in Kynetik help?

A: Biotin (vitamin B7) plays a key role in energy metabolism and cellular communication. In Kynetik, it's included in a balanced ratio with other B vitamins to amplify their effectiveness—providing more complete support for energy production and hydration.

Q: Is it vegan-friendly?

A: Yes, Kynetik is vegan-friendly.

Q: Is it gluten-free?

A: Yes, Kynetik is gluten-free.

Q: Does it contain allergens including soy, shellfish, or nuts?

A: No, Kynetik does not contain soy, shellfish, or nuts.

Q: Is Kynetik made with GMOs?

A: No, Kynetik does not contain any GMOs.