# MORE QUESTIONS AND ANSWERS

## How long does it take to drink a can of Monster?

On average I drink a can of say Monster over the course of like two hours. Assuming I don't get distracted with other stuff, at least in an hour. Most brands, like 10 minutes. Bang, like an hour or two.

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#### How long does it take for a monster to wear off?

It takes an average of 12 hours for the body to completely remove the caffeine from the bloodstream, though this does depend on individual factors. "Pregnancy, liver damage and other drugs can also slow the rate at which caffeine is eliminated from the body," Dr.

## Does Monster make you crash?

Energy drinks contain large amounts of caffeine and sugar, which boost your adrenaline, dopamine, and insulin levels, so when the caffeine and sugar leave your body, your hormone levels normalize, and this causes the fatigue known as the crash.

### Is one monster energy drink bad?

Monster contains 28 grams of sugar per 8.4-ounce (248-ml) can, which is comparable to Red Bull. Drinking just one of these energy drinks daily can cause you to consume too much added sugar, which is bad for your overall health (2).

#### Does Monster energy drink go bad?

Like most ready-to-drink energy drinks, Monster cans have expiration dates around 18-24 months from their date of manufacture. If you have stored your drinks properly (in a cool, dark place unexposed to extreme temperature), then the drink will probably last you about 6-9 months longer than the expiry date.

#### How long do the effects of energy drinks last?

Once you consume an energy drink it's takes around 10 minutes for the carteine to enter your bloodstream. Your heart rate & blood pressure start to rise. This is the half life of caffeine. meaning it takes 5-6 hours for your body to reduce the content of caffeine in your bloodstream by 50%.

### Is one monster a day OK?

That means you should only drink a single can of Monster in a day. However, if you do happen to drink more than one a day, that isn't going to be very harmful either – just make sure you replace the lost sleep, and supplement your drinking with a lot of water and other nutrients.

## Can employers see protected tweets?

The DMs' privacy doesn't make their content private if they include information or material that's otherwise accessible. And To see the tweets of a protected account, you must request permission and gain approval to become one of the account's followers. But you won't even find protected tweets through Web searches.

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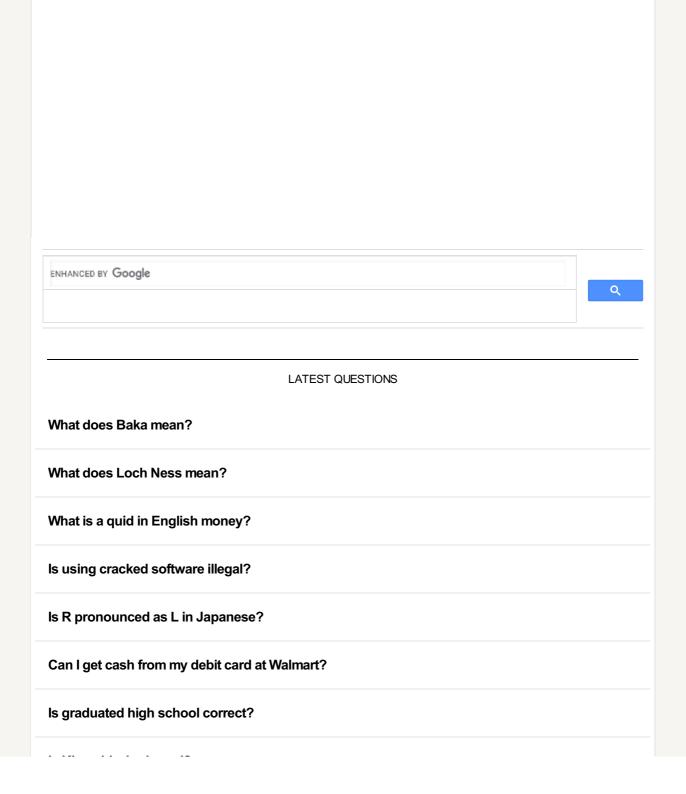












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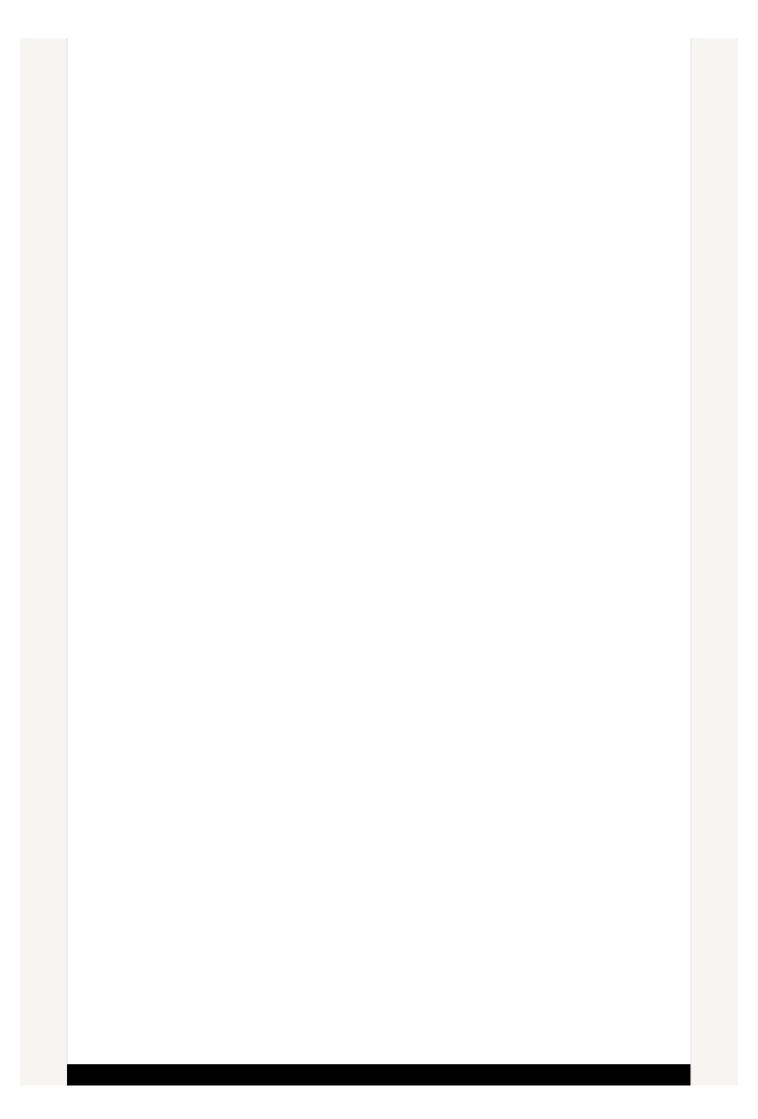












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