

Food &
Wine

Chew on this a while: Extra energy from gum

IT LOOKS LIKE peppermint gum. It tastes like peppermint gum. It even chews like peppermint gum. But what I have in my mouth at this very moment is a jolt of energy — **VE2 Energy Gum** — a product that promises to jump-start my brain and keep my fingers moving at top speed.

Since I usually quash the afternoon blues by snarfing chocolate or munching chips, I have high hopes for this

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stuff. Honestly, it tastes a little bitter, but my jaw is moving too fast to really care. Besides, this gum is laced with everything I need to get the job done: caffeine, 40 percent of my daily dose of vitamins B6, B12 and niacin, plus pinches of calcium, ginseng and guarana. VE2 gum is \$1.79 for a 10-pack and can be found at Fry's Electronics.