

We rank some of the top selling Rave Supplements!

I bet you'll guess who won!

I'm sure you've experienced the horrible feeling that you get after coming home from a long weekend at a music festival. Headaches, fatigue, moodiness, feeling like a truck hit you... all the unpleasant side effects being unkind to your body for several days in a row. Luckily, there are some supplements out there to help you avoid all those annoying side effects - but how to choose?

We tried the three top selling rave supplements and rated them based on quality, cost, and overall effect. Here's what we found:

3) [Rave ON: Rave Recovery](#) capsules (\$23.94 for 90 capsules)



Rave ON is marketed as a "Recovery Multivitamin" ONLY. However, that does nothing to protect you from neurotoxicity or jaw clenching during the festival. On the bright side, it has everything that you need for a solid recovery.

Ingredients: 5/10. Rave ON contains most of the ingredients you need for a speedy recovery but does nothing to protect you before and during since it is for recovery only. It is also not made in the USA and not Vegan.

Price: 9/10. Price is in range with the other supplements, and you get 90 capsules instead of 60. But because its not made in the USA and not Vegan, the quality probably reflects the cost.

Overall effect: 4/10: Taking the recommended 3 capsules after raving made us feel nauseous, which is one of the reported side effects. We don't want to add another symptom to after-rave issues, so we would not recommend this one.

2) [Rave Aid](#) (\$21.95 for 60 capsules)



Rave Aid is a multivitamin that also contains 5-HTP, along with magnesium, vitamin C, and some B Vitamins to help aid in recovery. But a couple HUGE issues with this one as well.

Ingredients: 6/10. Does not contain ECGC! This is the key cofactor that gets the 5HTP from your blood and into your brain. Without it, the 5HTP is basically useless. It is also missing some key ingredients such as B12. NOT Vegan friendly either.

Price: 7/10. The price is low but you are not getting some of the key ingredients that are included in the other products. It also only comes with 60 capsules.

Overall effect: 5/10. Rave Aid was successful 1/6 times in improving recovery time. Also, the directions had us taking 1 pill 2 days before the event, 1 pill 1 day before, 1 pill 4-6 hours after the event, 1 pill the next day, and 1 pill 2 days after. That's a LOT of instructions to decipher that you're not going to want to do before and after partying.

1) [Rave Doctor](#) (\$26.94 for 60 capsules)



[Rave Doctor](#) is by far the most balanced supplement out there. It was carefully dosed to be used before, during, and after with powerful effect. Vitamin B6 is a necessary factor to make serotonin, so we were loving the fact that it's in Rave Doctor. In addition, it contains Green Tea Extract, which prevents 5-HTP from being converted into serotonin before it reaches your brain, where you really need it. It also contains a balanced combination of powerful antioxidants to prevent neurotoxicity and Magnesium to prevent jaw clenching DAILY! Bonus: it was formulated by actual medical doctors, so we trust this one even more. And oh yeah, It's VEGAN!

Ingredients: 10/10. It's got all we'll ever need - vitamins, electrolytes, anti-oxidants, and a serotonin complex that maximizes absorption. Then there's the added bonus of it being vegan and calorie-free, while containing natural and higher quality ingredients.

Price: 7/10. Yeah, it's a little more expensive than the other ones, but you're getting more bang for your buck. We would hands down pay more for a supplement that's

going to actually work. It also uses higher quality ingredients and vegan capsules so the price is justified!

Overall effect: 9/10. Rave Doctor for the win! 6/6 of our trial users reported a decrease in recovery time by as much as 80%! The instructions were simple and easy to follow and not one person had any adverse events.

All in all, we stand behind the trial results after all our testing & can confidently say Rave Doctor is HANDS DOWN a few strokes ahead of the competition when it comes to the festival supplements game! But hey, try them each and let us know what YOU think!

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