

THE DANGERS OF ENERGY DRINKS



ENERGY DRINKS: DANGEROUS FOR CHILDREN AND ADULTS

What are energy drinks?

Whether it be a long night studying or just not feeling your normal self, energy drinks are consumed to give extra energy, increased alertness, and improve mental and physical awareness. Students may choose these drinks as a way to get full energy before the start of classes.

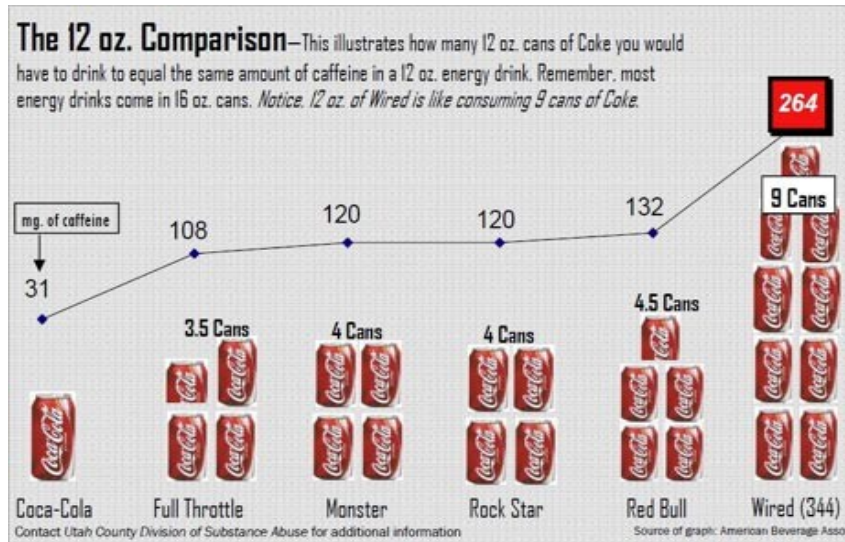
Energy drinks most often contain high amounts of caffeine and sugar and have large portion sizes. These drinks are not designed to be

sipped slowly like coffee, therefore the body doesn't have time to absorb and process it. If someone has a sensitivity to caffeine, they may have effects like anxiety, heart palpitations, and the jitters.

Energy drinks do not provide electrolytes and have a higher likelihood of a "crash-and-burn" effect. Caffeine excretes water from the body to dilute the sugar entering the bloodstream which can lead to dehydration.

Special points of interest:

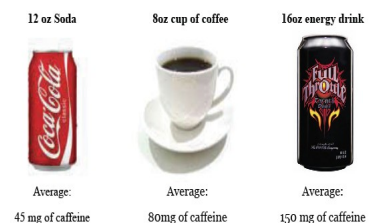
- Energy drinks are not regulated by the FDA.
- Alcohol plus energy drinks equals a very dangerous combination.
- Sports drinks and energy drinks are not the same.
- Adolescents use energy drinks to stay up all night or to study without monitoring total caffeine intake.
- Energy drinks can cause dangerous side effects.



WHAT ARE THE DANGERS OF ENERGY DRINKS?

- Energy drinks contain large doses of caffeine and sugar in them along with other stimulants such as ephedrine, guarana, and ginseng.
- Consumed quickly, the caffeine and sugar rush into your blood stream, giving you a caffeine jolt and raising your blood sugar levels and blood pressure, making your heart beat faster.
- Energy drinks have been known to dehydrate your body, especially if used while exercising.
- High levels of sugar and caffeine may produce symptoms including irritability, anxiety, sleeplessness, and nausea severe enough to require hospitalization.
- One hidden danger of mixing alcohol and energy drinks is they may be unaware of how intoxicated they are and attempt to drive, or drink to extreme excess.

How much caffeine is your child consuming?



Caffeine Comparison Between Average Serving Size Beverages

THE ENERGY DRINK BREAKDOWN:



What are the side effects?

- Heart Palpitations
- Increased Blood Pressure
- Dehydration
- Sleeplessness
- Irritability
- Increased Bone Loss
- Upset Stomach
- Increased Urination

The combination of heart palpitations and high blood pressure are known to cause anxiety.



Boosting your energy without energy drinks:

- Eat well
- Get plenty of sleep
- Drink water to stay hydrated
- Work out or move around when tired
- Cut back on caffeine slowly

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Product name	Ginseng (mg)	Taurine (mg)	Guarana (mg)	Caffeine (mg)	Sugar (grams)
Arizona Caution Extreme Energy Shot	100	1,000	0	100	33
Cocaine	0	750	25	280	18
Full Throttle ^a	90	605	0.70	72	29
Pimp Juice	0	7	100	81	34
Red Bull	0	1,000	0	80	27
Rockstar Energy ^a	25	946	200	80	27
Rockstar Juiced ^b	25	1,000	25	80	21
SoBe Adrenaline Rush	50	1,000	50	79	33
SoBe No Fear ^a	50	1,000	50	87	33
Spike Shooter	0 ^c	0	0	300	0

^aSold as a 16-ounce can; consumption of one can is the equivalent of double the listed ingredients.

^bSold as a 24-ounce can; consumption of one can is the equivalent of triple the listed ingredients.

^cContains yohimbine.

Source: J Am Pharm Assoc © 2008 American Pharmacists Association



The 5-Hour Energy drink claims that what makes them different than the others is it comes without the "crash" energy drinks are known for. A closer look at the daily value percentages on the supplement label reveals some off-the-chart percentages like Vitamin B's.

The recommended daily dose for B3 is 14mg, 1.2 for B6, and 2mcg for B12. The amount of B3 in a 5 Hour Energy drink is 30mg, 40mg of B6, and 500mcg of B12. Overdosing on Vitamin B when taken over a long period of time can result in headache, dizziness, fainting, yellowing of skin, and temporary nerve/brain damage that can last 3 months to 3 years.

DRIs: Recommended Intakes for Individuals, Vitamins. Food and Nutrition Board, Institute of Medicine - 2004

SPORT VS. ENERGY DRINKS:

Sports drinks:

Sports drinks are beverages that **restore** the fluid balance and **prevent** dehydration after vigorous exercise. Most children and adults only need to replenish with water after exercise.

Energy drinks:

Energy drinks are **NOT RECOMMENDED** to enhance athletic performance due to dangers of dehydration and harmful side effects.



BEWARE OF THESE DRINKS