



# Energy Drinks Exposed

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## Who is drinking all these energy drinks?

Sales of energy drinks have risen from *1.2 billion* to *6.6 billion* in the last 5 years. Teens and young adults are targeted for purchase of energy drinks. When surveyed, 51% of college students had consumed at least one during the last month.

Most folks use them to stay awake when studying or combine them with alcohol. But energy drinks are especially dangerous when combined with alcohol.



The contradiction of a depressant and a stimulant can trigger heart arrhythmias. It can also make someone think they are less impaired than they really are, causing them to drink more or drive while intoxicated.

## How do energy drinks compare with coffee?



Your morning cup of coffee has less than 100 mg of caffeine. Have a few cups and you're still within the generally accepted safe level of **250 mg** of caffeine per day. A can of sweetened soda has 38 mg of caffeine. However, downing one can of a particularly popular energy drink will give you a jolting 505 mg of caffeine.

### Effects of Excess Caffeine

- ◆ stomach ulcers
- ◆ heart arrhythmias
- ◆ increased blood pressure
- ◆ anxiety
- ◆ headaches
- ◆ difficulty sleeping
- ◆ increased heart rate
- ◆ nausea
- ◆ When combined with alcohol, increased risk of heart attack

### Sugary Situation

The truth is, caffeine is not the only potentially risky ingredient in energy drinks. Some cans contain up to 100 g of sugar, which is twice the amount in a regular soda. Excess sugar can lead to tooth decay and weight gain. People who are overweight have a greater risk of heart disease, type II diabetes, stroke and some cancers. Stay away from energy drinks and you'll avoid all the sugar, too! Sometimes what we really need is a little more restful sleep.

References: [www.brown.edu/Student](http://www.brown.edu/Student)  
[www.sciencedaily.com/](http://www.sciencedaily.com/) & [www.collegian.psu.edu/archive/2006](http://www.collegian.psu.edu/archive/2006)  
[www.energyfiend.com/the-caffeine-database](http://www.energyfiend.com/the-caffeine-database)

Click [HERE](#) to find out how much caffeine is in your favorite drink.