What’s really at stake every time you guzzle down some of this “fuel”?
WHAT’S IN THEM?

Let’s take a look at the main ingredients that makers of energy drinks like to advertise:

- Taurine (an amino acid found in the body)
- Guarana (a plant similar to coffee but more caffeine-dense)
- B Vitamins
- Ginseng
- Ginkgo Biloba
- L-Carnitine
- Glucuronolactone

These look great, right? Even though energy drinks may contain these ingredients, they are either found in trace amounts or not effective when taken orally. Most energy drinks have sucrose, a form of sugar, as a main ingredient.
CAFFEINE CONTENT OF COMMON BEVERAGES

The average person should not consume more than 300 milligrams of caffeine a day. If a student consumes a 16 oz. Monster Energy Drink and 12 ounces of coffee within 24 hours, they have already exceeded their caffeine intake for the day at 360 milligrams. This can have dangerous side effects on the body.

<table>
<thead>
<tr>
<th>BEVERAGE (ounces per serving)</th>
<th>CAFFEINE CONTENT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red Bull (8.3 ounces)</td>
<td>80 milligrams</td>
</tr>
<tr>
<td>Monster Energy Drink (16 ounces)</td>
<td>160 milligrams</td>
</tr>
<tr>
<td>Amp Energy Drink (8 ounces)</td>
<td>71 milligrams</td>
</tr>
<tr>
<td>5 Hour Energy (2 ounce)</td>
<td>200 milligrams</td>
</tr>
<tr>
<td>NOS (16 ounces)</td>
<td>260 milligrams</td>
</tr>
<tr>
<td>Full Throttle (8 ounces)</td>
<td>100 milligrams</td>
</tr>
<tr>
<td>Brewed Coffee (12 ounces)</td>
<td>200 milligrams</td>
</tr>
<tr>
<td>Mountain Dew (12 ounces)</td>
<td>54 milligrams</td>
</tr>
<tr>
<td>Dr. Pepper (12 ounces)</td>
<td>41 milligrams</td>
</tr>
<tr>
<td>Pepsi (12 ounces)</td>
<td>38 milligrams</td>
</tr>
<tr>
<td>Coca-Cola (12 ounces)</td>
<td>34.5 milligrams</td>
</tr>
<tr>
<td>Bottled Tea (12 ounces)</td>
<td>20 milligrams</td>
</tr>
</tbody>
</table>

Most cans of energy drinks contain two servings, thus doubling the amount of caffeine that a person is consuming in one sitting.
While the ingredients in energy drinks may seem harmless on their own, the combination of so many substances can cause serious side effects when taken in large amounts. These side effects can range from small discomforts to more serious issues. Common side effects of ingesting too much caffeine include, but are not limited to, the following:

- Rapid Heart Rate
- Dehydration
- Insomnia
- Nausea
- Anxiety
- Headaches
- Muscle Tremors
- Irritability

Think about how these side effects might impede your ability to sleep well, focus in class, concentrate on homework, etc. In addition to these dangerous side effects, energy drinks are not regulated by the FDA, which means that the amount of caffeine in them can reach deadly levels.
HOW DANGEROUS CAN THEY BE?

The FDA has documented the following medical emergencies related to energy drinks:

- 92 illnesses and 13 deaths linked to 5 Hour Energy
- 40 illnesses and 5 deaths linked to Monster Energy
- 13 deaths and 2 disabilities linked to Rockstar Energy

In December 2011, a 14 year old girl was pronounced dead after consuming two cans of Monster Energy drink in a span of 24 hours. Her official cause of death has been ruled as “cardiac arrhythmia due to caffeine toxicity.”
ENERGY DRINKS AND ALCOHOL

Thinking about mixing alcohol and energy drinks? Think again.

❖ Alcohol is a depressant, while caffeine is a stimulant. Mixing the two can cause you to not realize how intoxicated you are, which increase the likelihood of drinking a dangerous amount of alcohol.

❖ Mixing alcohol and caffeine causes people to feel “less drunk” and causes people to feel alert enough to drive when the BAC is really beyond the legal limit.

❖ Caffeine and alcohol are both diuretics (increase the rate at which water escapes our body) which can cause one to become extremely dehydrated and increases the risk of having a hangover.

❖ The more dehydrated you are, the higher your B.A.C. (Blood Alcohol Content) will become, which puts you at a higher risk for negative consequences.

❖ Mixing caffeine and alcohol can make your heart rate and blood pressure rise.
STILL THINK MIXING ALCOHOL AND ENERGY DRINKS IS OK?

Students who mix energy drinks and alcohol are more likely to suffer these consequences:

- Increased hangovers
- Passed out more frequently than those who just consume alcohol
- Forgot where you were or what you did
- More frequently engage in drinking and driving after consuming 4-5 drinks
- Experience more physical altercations when intoxicated
- Miss class more frequently
Energy drinks are not the only way to get a quick burst of energy when you need it. Safer, natural alternatives to getting energy when you need it include:

- **Drink Ice Cold Water** – staying hydrated is important to maintain energy
- **Sip on Green Tea**
- **Munch on Protein**
- **Take a 10-20 min Power Nap**
- **Evaluate your sleep schedule and routine to make some more permanent lifestyle changes that could give you more energy each day.**
Located on the first floor of Howard Hall