

Keeping it Current

Raising Healthy Teens

Energy Drinks

15 Top Selling Energy Drink Brands



*Did you know?
Mixing energy
drinks and
alcohol is
dangerous.*

When alcohol is mixed with caffeine, the caffeine can mask the depressant effects of alcohol, making drinkers feel more alert than they would otherwise. As a result, they may drink more alcohol and become more impaired than they realize, increasing the risk of alcohol-attributable harm

Energy drinks typically contain large amounts of caffeine, added sugars, other additives, and legal stimulants such as guarana, taurine, and L-carnitine. These legal stimulants can increase alertness, attention, and energy, as well as blood pressure, heart rate, and breathing.

Students often use these drinks to provide an extra boost in energy. However, the stimulants in these drinks can have a harmful effect on the nervous system.

The Facts:

- Several energy drinks contain 200 milligrams of caffeine per serving (12 or 16 ounces), which is equivalent to six 12-ounce cans of cola.
- The American Academy of Child and Adolescent Psychiatry recommends that children ages 12 to 18 have no more than 100 milligrams of caffeine per day. Most energy drinks have more than that amount in one serving.
- Unfortunately, there's a problem with certain energy drinks that exceed the Food and Drug Administration's (FDA) mandated limit of 71 mg of caffeine for a 12-ounce soda,

The Risks

Some of the dangers of energy drinks include:

- Dehydration (not enough water in your body).
- Heart complications (such as irregular heartbeat and heart failure).
- Anxiety (feeling nervous and jittery).
- Elevated heart rate and blood pressure
- Insomnia (unable to sleep).
- Gastrointestinal upset
- Irritability and nervousness

Warning signs of too much caffeine

- dizziness
- diarrhea
- increased thirst
- insomnia
- headache
- fever
- irritability
- chest pain
- irregular or fast heartbeat
- uncontrollable muscle movements or shaky hands



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<https://www.cdc.gov/healthyschools/nutrition/energy.htm>

<https://www.healthline.com/health/caffeine-overdose>

<https://www.cdc.gov/alcohol/fact-sheets/caffeine-and-alcohol.htm#:~:text=When%20alcohol%20is%20mixed%20with,risk%20of%20alcohol%20attributable%20harms>