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, the 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.

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 bloodstream, 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.

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

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.

S P O R T  V S .  E N E R G Y  D R I N K S :

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