

# WHAT'S ALL THE HYPE ABOUT ENERGY DRINKS?

The use of energy drinks in today's society, and for teen's in particular, are a current craze. So what should we know about energy drinks?



**1. One energy drink per day is not dangerous, but energy drinks as with other caffeinated beverages must be used in moderation.**

- Energy drinks contain large, possibly dangerous amounts of caffeine when drank in excess. The problem is that not all caffeine contained in these drinks is "called" caffeine. Other types of caffeine are guaranine, mateine, and theine therefore one may not realize how much caffeine they are really consuming.

# WHAT'S ALL THE HYPE ABOUT ENERGY DRINKS?

The use of energy drinks in today's society, and for teen's in particular, are a current craze. So what should we know about energy drinks?



**1. One energy drink per day is not dangerous, but energy drinks as with other caffeinated beverages must be used in moderation.**

- Energy drinks contain large, possibly dangerous amounts of caffeine when drank in excess. The problem is that not all caffeine contained in these drinks is "called" caffeine. Other types of caffeine are guaranine, mateine, and theine therefore one may not realize how much caffeine they are really consuming.

# WHAT'S ALL THE HYPE ABOUT ENERGY DRINKS?

The use of energy drinks in today's society, and for teen's in particular, are a current craze. So what should we know about energy drinks?



**1. One energy drink per day is not dangerous, but energy drinks as with other caffeinated beverages must be used in moderation.**

- Energy drinks contain large, possibly dangerous amounts of caffeine when drank in excess. The problem is that not all caffeine contained in these drinks is "called" caffeine. Other types of caffeine are guaranine, mateine, and theine therefore one may not realize how much caffeine they are really consuming.



**2. The main ingredient in all energy drinks is sugar, commonly called carbohydrates. Sugar is the energy source all of our cells in our body use to function.**



- Energy drinks contain many different types of sugars which give us sudden blasts of energy. Many teens are choosing to consume 3+ energy drinks in one sitting. This excess of sugar enters the blood stream and provides a “blast” of energy where the person/athlete feels good and performs well. Once that sugar is burned up, lastly anywhere from 45 minutes to 4 hours, there is a sugar crash. The person/athlete’s reflexes slow, they may feel dizzy, muscle power decreases and their performance falls off.



**3. It has become more and more popular to mix energy drinks with alcohol or other drugs. This combination can either increase the length of time the influence is felt or mask their symptoms.**



- For example, someone consuming alcohol may not feel “drunk” so they continue to drink in excess, possibly leading to alcohol poisoning.



This message is brought to you by Polk County Public Health and the Parent Community Network.

For information on substance abuse and other prevention topics and how to join your local Parent Community Network, log on to [www.theminorleague.org](http://www.theminorleague.org) or call Polk County Public Health 218-281-3385.

This project was supported by Award No. 2 SP12432-02.

Awarded by the Office of National Drug Control Policy and Substance Abuse and Mental Health Service Association

Printed 12/07



**2. The main ingredient in all energy drinks is sugar, commonly called carbohydrates. Sugar is the energy source all of our cells in our body use to function.**



- Energy drinks contain many different types of sugars which give us sudden blasts of energy. Many teens are choosing to consume 3+ energy drinks in one sitting. This excess of sugar enters the blood stream and provides a “blast” of energy where the person/athlete feels good and performs well. Once that sugar is burned up, lastly anywhere from 45 minutes to 4 hours, there is a sugar crash. The person/athlete’s reflexes slow, they may feel dizzy, muscle power decreases and their performance falls off.



**3. It has become more and more popular to mix energy drinks with alcohol or other drugs. This combination can either increase the length of time the influence is felt or mask their symptoms.**



- For example, someone consuming alcohol may not feel “drunk” so they continue to drink in excess, possibly leading to alcohol poisoning.



This message is brought to you by Polk County Public Health and the Parent Community Network.

For information on substance abuse and other prevention topics and how to join your local Parent Community Network, log on to [www.theminorleague.org](http://www.theminorleague.org) or call Polk County Public Health 218-281-3385.

This project was supported by Award No. 2 SP12432-02.

Awarded by the Office of National Drug Control Policy and Substance Abuse and Mental Health Service Association

Printed 12/07



**2. The main ingredient in all energy drinks is sugar, commonly called carbohydrates. Sugar is the energy source all of our cells in our body use to function.**



- Energy drinks contain many different types of sugars which give us sudden blasts of energy. Many teens are choosing to consume 3+ energy drinks in one sitting. This excess of sugar enters the blood stream and provides a “blast” of energy where the person/athlete feels good and performs well. Once that sugar is burned up, lastly anywhere from 45 minutes to 4 hours, there is a sugar crash. The person/athlete’s reflexes slow, they may feel dizzy, muscle power decreases and their performance falls off.



**3. It has become more and more popular to mix energy drinks with alcohol or other drugs. This combination can either increase the length of time the influence is felt or mask their symptoms.**



- For example, someone consuming alcohol may not feel “drunk” so they continue to drink in excess, possibly leading to alcohol poisoning.



This message is brought to you by Polk County Public Health and the Parent Community Network.

For information on substance abuse and other prevention topics and how to join your local Parent Community Network, log on to [www.theminorleague.org](http://www.theminorleague.org) or call Polk County Public Health 218-281-3385.

This project was supported by Award No. 2 SP12432-02.

Awarded by the Office of National Drug Control Policy and Substance Abuse and Mental Health Service Association

Printed 12/07

