



# Safety Tip of the Week

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## Dangers of Energy Drinks

Over consumption of caffeine and other energy producing ingredients found in energy drinks such as taurine can lead to health issues.

Recently, a South Carolina high school student collapsed and died after consuming a very high dose of caffeine in a short time: coffee, soft drinks, and an energy drink. The coroner reported that the student died from a caffeine-induced lethal cardiac arrhythmia.

### Safety:

Large amounts of caffeine may cause serious heart and blood vessel problems such as heart rhythm disturbances and increases in heart rate and blood pressure. Caffeine also may harm a child's still developing cardiovascular and nervous systems.

Caffeine use may also be associated with anxiety, sleep problems, digestive problems, and dehydration.

Guarana, commonly included in energy drinks, contains caffeine. Therefore, the addition of guarana increases the drink's total caffeine content.

People who combine caffeinated drinks with alcohol may not be able to tell how intoxicated they are. They may feel less intoxicated than they would if they had not consumed caffeine, but their motor coordination and reaction time may be just as impaired.

Excessive energy drink consumption may disrupt sleep patterns and may be associated with increased risk-taking behavior.

A single 16-oz. container of energy drink may contain 54 to 62 grams of added sugar; this exceeds the maximum amount of added sugar recommended for an entire day.



***YOUR GOOD HEALTH...IS YOUR GREATEST WEALTH!***