



DART Prevention Coalition

Taking Aim at Substance Use in Ocean County

FEBRUARY AWARENESS CAMPAIGN

The Effects of Energy Drinks on Your Health



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ENERGY DRINKS & HEART HEALTH ONE-PAGER



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The Effects of Energy Drinks on Your Health

Energy Drinks and Your Health

Energy drinks are not FDA-approved. Energy drink consumption has been linked to increased risk of dehydration and health-related issues, such as increased heart rate, high blood pressure and arrhythmias, due to the high caffeine and stimulant content. The stimulant effects can also cause anxiety and sleep disturbances. Over time, frequent overconsumption can lead to long-term health issues.

Commonly Found Ingredients in Energy Drinks

Energy drinks typically contain a combination of stimulants and additives.

- **Caffeine:** The primary stimulant, found in doses ranging from 80 to 300 mg per serving, sometimes exceeding safe daily limits.
- **Sugar:** High sugar content can cause blood sugar spikes and inflammation. Sugar-free energy drinks still contain high caffeine levels.
- **Taurine, guarana, ginseng, B6 & B12:** Excessive amounts of these ingredients can lead to increased heart rate, high blood pressure and nervous system overstimulation, increasing the risk of anxiety. Prolonged overconsumption may also strain the kidneys and liver.

Potential Harmful Interactions

Mixing energy drinks with alcohol or medication can be dangerous. The effects of energy drinks can mask the intoxicating effects of alcohol. Additionally, consuming energy drinks while on medication can potentially amplify or reduce the effects of the medication.

Energy Drinks & Youth

The American Academy of Pediatrics recommends that children and adolescents do not consume energy drinks. They recommend against drinks that contain caffeine and added sugar, citing that drinking such beverages has been shown to increase the risk of anxiety, hyperactivity and even excessive weight gain, heart disease and fatty liver disease.

Healthier Alternatives to Energy Drinks

Drinking too many energy drinks can cause energy crashes, jitters, headaches and other health problems due to the mix of sugar, caffeine and other ingredients. Some healthier alternatives to energy drinks include coffee, black tea, green tea, coconut water and kombucha.

If you currently drink energy drinks and are concerned for your health, speak to your primary care provider. Visit rwjbh.org/doctors to find a primary care provider near you.

Sources:

www.rwjbh.org/blog/2024/february/easy-ways-to-support-energy-levels-without-a-can/
<https://pubmed.ncbi.nlm.nih.gov/articles/PMC10535526/>

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[Energy Drinks & Heart Health](#)



**Energy drinks
contain excessive
amounts of
stimulants like
caffeine, sugar
and artificial
sweeteners, which
can cause**

**aggressive behavior
and increased
stress and anxiety.**



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Energy drinks can pose health risks, including:

- increased risk of dehydration
- increased heart rate
- high blood pressure
- arrhythmias



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For every
1 energy drink,
you're consuming
about the same
caffeine as
2 cups of coffee.

1 energy drink = 200 mg of caffeine
200 mg = 2 cups of coffee



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RESOURCES

Are Energy Drinks Bad for You?

>>More information from the Cleveland Clinic.

The Buzz on Energy Drinks

>>More information from Mayo Clinic Health System.

The Dark Side of Energy Drinks

>>Study from the National Library of Medicine looking at the health effects of energy drinks on the body.

Easy Ways to Support Energy Levels Without a Can

>>RWJBH blog post with more information.

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