



Energy Drinks - did you know...

Energy drinks may contain large amounts of:

- Caffeine (**five times the caffeine** as coffee)
- Added sugars (**27 teaspoons** in one can)
- Other stimulants such as guarana, taurine, l-carnitine
- Increased consumption of energy drinks may pose a **danger to public health**, especially among young people. (WHO 2014)



Caffeine intoxication

Dangers of consuming energy drinks, high in sugar and caffeine include:

- Dehydration
- Irregular heartbeat & heart failure
- Anxiety
- Insomnia

Who should avoid energy drinks:

- Adolescents aged 12–18 should not exceed 100 mg/day, or an average cup of coffee (*American Academy of Pediatrics*)
- Pregnant women or breastfeeding women
- Avoid combining energy drinks with alcohol
- Athletes during intense physical activity (**possible cardiac arrhythmia**).

How your body reacts to energy drinks:

- **10 minutes:** Once you drink the energy drink, the caffeine it contains takes about 10 minutes to enter your circulatory system. Your **heartbeat and your pressure increase**.
- **15-45 minutes:** Caffeine level is at its maximum in the bloodstream. You are alert and able to concentrate better.
- **30-50 minutes:** All the caffeine from the drink has been absorbed by your body. Some studies show that high caffeine levels decrease insulin sensitivity leading to a rise in blood glucose levels.
- **1 hour:** Due to the dumping of sugar into your bloodstream earlier your body now experiencing a crash from the lack of sugar, and the effect of caffeine begins to pass. You will begin to **feel tired** and your energy levels will fall.
- **5-6 hours:** This is the "half-life" of the energy drink. It is the time your body needs to reduce caffeine levels in your blood by 50%. If you are a woman and you are taking contraceptive pills, you will need twice as much time for the same reduction.
- **12 hours:** Most of the caffeine has been removed from your body.
- **12-24 hours:** As caffeine is a kind of "narcotic," people who regularly drink caffeinated beverages (like coffee) will start having their first **withdrawal symptoms** 12-24 hours after their last dose. These symptoms are often headaches, constipation and **irritability / irritation**.