

Know the Facts





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, I-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)
- o Pregnant women or breastfeeding women
- o Avoid combining energy drinks with alcohol
- Athletes during intense physical activity (possible cardiac arrhythmia).

Authored by: Elina Grana, ACG Nurse, ACG Health & Wellness Center Edited by: Christina Drakonakis, Associate Dean of Students, Office of Student Affairs, ACG Health & Wellness

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.

Sources: Int J Health Sci (Qassim). 2015 Oct; 9(4): 468–474.

http://www.euro.who.int/en/health-topics/disease-prevention/nutrition/news/news/2014/10/energy-drinks-cause-concern-for-health-of-young-people

https://www.moh.gov.cy/Moh/SGL/SGL.nsf/AD5C2EF61CE3CF82C2257B8E00273C61/\$file/ENEPFEIAKA90TOTA%20TPITTYXO.pdf

https://www.iatropedia.gr/diatrofi/energeiaka-pota-ti-prokaloun-ston-organismo-tis-protes-24-ores/88491/

https://healthbeat.spectrumhealth.org/energy-drinks/

Background vector created by vectorpocket - www.freepik.com

ACG Health & Wellness Center 6 Gravias Street, 153 42 Aghia Paraskevi Athens, Greece t: +30 210 600 9800, ext. 1500 & 1700, 1193 Email:wellnesscenter@acg.edu www.acg.edu