

GUARD YOUR HEART

GUARD YOUR MIND

GUARD YOUR BODY

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Energy Drinks

What Are Our Teens Consuming?

Red Bull™, Monster Energy™, Full Throttle™. If you've heard of these beverages, you might be familiar with energy drinks. These were originally marketed to replenish electrolytes, like Gatorade™, but they've become increasingly more dangerous. For instance, teens are actually at risk for dehydration when consuming energy drinks during vigorous exercise. Along with dehydration, adverse cardiovascular effects may occur when mixing energy drinks with alcohol. Furthermore, it is difficult to identify intoxication when energy drinks are involved. Teens might feel alert and sober, even though alcohol has impaired their decision making and reflexes, which can also lead to additional risky behaviors. In addition, parents and teachers should be aware of what substances our teens are putting into their bodies when they consume energy drinks.

The Main Ingredients in Energy Drinks are Caffeine and Sugar. Other common supplements include:

Yohimbine HCL

Claims: Improve sexual performance and promote weight loss
 Fact: May increase blood flow to sex organs.

Super Citramax

Claims: Suppress appetite, resulting in weight loss

Taurine

Claims: Lowers the risk of diabetes, epilepsy and high blood pressure

Fact: May lower blood pressure

Glucuronolactone

Claims: Promote excretion of toxins and protect against cancer

Inositol

Claims: Decrease triglyceride and cholesterol levels, lowering risk of cardiovascular disease

Carnitine

Claims: Improve endurance, increase fat metabolism, protect against cardiovascular disease

Fact: May protect against heart disease

Panax Ginseng

Claims: Speed illness recovery; improve mental, physical and sexual performance; control blood glucose, and lower blood pressure

Guarana

Claims: Increase energy, enhance physical performance, and promote weight loss

Fact: A major component to guarana is caffeine, which is associated with increase energy, enhancement of physical performance and suppressed appetite.



Why are so little facts associated with these ingredients?

There is insufficient data to establish the safety of these supplements.

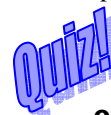
Yohimbine HCL is the ONLY ingredient approved by the FDA, but only in prescription form.

In adolescents, caffeine consumption has been associated with an increase in blood pressure and because of the limited data regarding safety; it is not recommended that children or adolescents consume energy drinks.

What is Caffeine?

Caffeine is a naturally occurring drug found in leaves and seeds of many plants. It is defined as a drug because it stimulates the central nervous system, causing increased alertness. Caffeine also causes an energy boost and elevates mood. This supplement is a known endurance enhancer and because of this, is actually banned by International Olympic Committee. Caffeine is in tea, coffee, chocolate, many soft drinks including all energy drinks, pain relievers and other over-the-counter medications. It is possible to feel the effects of caffeine for up to six hours. One major concern in teens' consumption of energy drinks and caffeine is the unfavorable effects it has on sleep. It is known how important sleep is to the growing adolescent and energy drinks can be detrimental to this crucial development period.

Red Bull™	8.3oz	80mg
Red Bull – Sugar Free™	8.3oz	80mg
Monster Energy™ XXL	8oz	80mg
Full Throttle™ 8oz	8oz	72mg
Mountain Dew™	12oz	55mg
7-Up™	12oz	0mg
Brewed Coffee	5oz	115mg (average)



What over the counter substance has one of the highest amounts of caffeine?

Hint: It is NOT an energy drink!

Answer:

130mg of caffeine.

Excedrin Extra Strength™. Two tablets contain

Caffeine. January, 2008. *TeensHealth*. Retrieved online March 12, 2009 from http://kidshealth.org/teen/drug_alcohol/drugs/caffeine.html

Nutrition And Health Info-Sheet: Energy Drinks. April, 2007. *Karrie Heneman, PhD and Sheri Zidenberg-Cherr, PhD*. Retrieved online March 12, 2009 from <http://nutrition.ucdavis.edu/InfoSheets/ANR/EnergyDrinkFact.pdf>