

ENERGY DRINKS

WHAT IS IN AN ENERGY DRINK?

- Caffeine
- Sugar
- Taurine. There is little evidence to show it helps with athletic performance.
- Glucuronolactone. It is unclear whether its inclusion is harmful or beneficial.
- Guarana, a plant that contains coffee.

HEALTHIER OPTIONS

- Coffee - contains caffeine
- Matcha - contains caffeine
- Milk - contains taurine
- Green juice - contains B vitamins
- Ginseng tea - contains ginseng
- Green tea drinks - contains guarana

SIDE EFFECTS

Dehydration. Dizziness. Vertigo. Fainting. Tachycardia. Heart palpitations. Anxiety. Upset stomach. Gut pain. Diarrhea. Headache. Muscle twitching. Difficulty sleeping. Restlessness. Unintentional weight gain. Heart disease. Stroke. Chronic dehydration. Kidney stones. Cavities. Tooth decay. Caffeine dependence. Adrenal fatigue. Blood problems. Inflammation of the liver. Gastrointestinal problems. Insomnia. Fatigue. A feeling of unhappiness. Increased: blood pressure, heart rate, risk of panic attacks, psychological distress, irritability, risk of seizures, blood sugar, risk of heart disease, risk for diabetes.

FOR HEALTHY ADULTS, THE FDA HAS CITED 400MG A DAY AS A SAFE AMOUNT OF CAFFEINE

CAFFEINE CONTENTS

- Coffee and tea drinks from coffee shops range from 25-410mg
- Bottled coffee drinks range from 75-300mg
- Ground coffee and espresso range from 2-300mg
- Bottled tea and tea bags range from 0-150mg
- Pop ranges in from 0-69mg
- Energy drinks range in from 75-300mg, *does not take into account proprietary blends



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