

Dangers of Energy Drinks

Energy drinks are a popular choice among today's youth. The most popular drinks being **Red Bull, Adrenaline Rush, Venom, Full Throttle, Hype, and Monster** just to name a few.

Energy drinks contain large doses of caffeine, sugar, and other legal stimulants like ephedrine, guarana, and ginseng. A large intake of these substances can cause unpleasant or dangerous sideeffects including increased blood pressure, nervousness, insomnia, and dehydration. While none of the common active ingredients in energy drinks seem to be particularly harmful alone, or taken in moderation, there has been limited research studying the combination of these ingredients on health.

An additional alarming trend among teenager's and young adults is mixing energy drinks with alcohol in a false attempt to mask the feelings of being intoxicated. Since energy drinks are stimulants and alcohol is a depressant, the combination of effects can be dangerous. The stimulant provides the drinker with a false sense of sobriety; meanwhile the alcohol impairs the drinkers' motor skills and judgment.



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