Q: What ingredients are common in energy drinks?

A: Besides sugar and caffeine, common additives include:

- **Taurine**: An amino acid made in the human body that plays a role in muscle contraction and nerve protection.
- **Guarana**: A caffeine-containing botanical used for preventing drowsiness; the FDA has not reviewed this product for safety or effectiveness.
- **Glycerol extract of Wood Rosin**: An extract from pine trees that is used to flavor and emulsify drinks.
- **Ginseng**: An herb promoted as protecting the body from stress. Studies are inconclusive about efficacy of doses found in energy drinks.

Check the label carefully before you eat or drink any kind of energy supplement.

Q: Can energy drinks improve my sports & school performance?

A: Yes, energy drinks can give you a temporary boost because it stimulates cardiac output and the central nervous system. But too much carries with it a risk of increased blood pressure, anxiety, shaking, elevated heart rate and increased urine production (increasing the risk of dehydration). No energy drink is going to make you a star athlete or a straight A student.

Q: What is the harm in energy drinks?

A: 

- Caffeine can cause tremors, sleep disturbances, and gastrointestinal upset in some people.
- It is a drug which can become addictive and cause painful withdrawal symptoms when stopped and it may interact with other medications and supplements.
- Pregnant women are also well advised to avoid high-caffeine beverages due to risk of abortion.
- Caffeine is a diuretic and can lead to dehydration, especially if mixed with alcohol.
- Energy drinks often contain many calories that may lead to improper weight gain. They are an expensive way to unnaturally get an energy boost.

**Tried & True Ways to Improve Energy & Performance**

- Adequate Sleep
- Regular Exercise
- Healthy Diet
- Plenty of Water

Be your own kind of rockstar! It is possible without energy drinks.