

# ENERGY DRINKS

“One cannot think well, love well, sleep well, if one has not dined well” - Virginia Woolf

Drink (per 8 oz)	Caffeine (mg)
Coffee, instant	95
Green Tea	25
Iced Tea	6
Black Tea	40
Mountain Dew	37
Coca Cola	23
Pepsi Cola	25

### Common Energy Drinks

NOS	125
Rockstar	75
Full Throttle	72
Red Bull	75
Sobe Adrenaline Rush	76
Sobe Essential Energy	32

**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.

**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 ingredients are common in energy drinks ?

**A:** Besides sugar and caffeine, common additives include:

◇ Taurine	amino acid made in the human body that plays a role in muscle contraction and nerve protection
◇ Guarana	caffeine containing botanical used for preventing drowsiness; the FDA has not reviewed this product for safety or effectiveness
◇ Glycerol extract of Wood Rosin	extract from pine trees that is used to flavor and emulsify drinks
◇ Ginseng	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.

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

## TRIED & TRUE WAYS TO IMPROVE ENERGY & PERFORMANCE

- ADEQUATE SLEEP
- REGULAR EXERCISE
- HEALTHY DIET
- PLENTY OF WATER