

ENERGY DRINKS

Get the Facts!

Fact:

All energy drinks, no matter if they're marketed as a food or a supplement, pose risks due to the amount of caffeine and other ingredients included in the drink.

Just because an energy drink may be sold as a supplement, doesn't make it better for you. There is no regulatory limit to the amount of caffeine in energy drinks that are marketed as dietary supplements. Some energy drinks contain up to six times as much caffeine as soda or coffee.

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Fact:

An energy drink with lower caffeine levels doesn't make it safer for athletes to consume.

Energy drinks often have side effects on the heart that are different than from caffeine found in a can of soda or a cup of coffee. In addition, energy drinks often have 2-3 times the amount of caffeine than a can of soda. Combined with the additional ingredients, energy drinks often affect one's body, such as the heart, much differently than a can of soda.

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Fact:

Plants such as cocoa, green tea, ginseng, guarana, and yerba maté are sources of caffeine and commonly used as ingredients in energy drinks.

Caffeine can be naturally derived from a variety of plants, many of which have names that most people won't recognize. Do you know how many ingredients provide caffeine sources in your energy drink?

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Fact:

Due to infrequent consumption, young athletes are often subject to more adverse effects caused by energy drinks, particularly when consuming large doses of caffeine in a short amount of time in combination with exercise.

Youth are considered a vulnerable population by the Food and Drug Administration (FDA) and other health agencies.

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Fact:

According to the American Academy of Pediatrics, no level of caffeine is guaranteed to be safe for children or adolescents.

Yet half of the energy drink market consists of youth between 12 and 17 years of age.

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