

Environmental Health and Safety

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Risks Associated With Energy Drinks

Energy drinks are marketed as dietary supplements and are not approved or reviewed by the FDA before sale. These drinks can contain Caffeine, Guarana, Taurine, ginseng, and other ingredients that may cause unwanted side-effects. While individual responses to energy drinks may vary, they should be used with caution. People who may have heart conditions should especially avoid them. Energy drinks should not be consumed while exercising as it can severely dehydrate the body. Excessive and long term use of energy drinks could cause potential heart health issues and death.



Common Side-Effects

1. Palpitations / tachycardia
2. Tremor / shaking
3. Agitation / restlessness
4. Gastrointestinal upset
5. Chest pain / ischaemia
6. Dizziness / syncope
7. Paraesthesia
(tingling or numbing of the skin)
8. Insomnia
9. Respiratory distress
10. Headache

Need Energy?

- Increase physical activity
- Eat & drink healthier
- Sleep better and/or more
- Drink water (at least 2 liters per day)

For more information visit:

[Brown University](#)

[WebMD](#)

[Caffeine Informer](#)

[Huffington Post](#)

(Includes Video)



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Don't learn safety by accident