

Wellness Topic

Energy Drinks

- Energy drinks, shots, and other energy products contain large amounts of caffeine, and an assortment of other ingredients.
- Consumption of large amounts of caffeine may lead to serious cardiovascular events, seizures, and death.
- Heavy consumption of energy drinks may result in excessive consumption of B vitamins, such as niacin or pyridoxine, and may result in liver or nerve injury.
- Adolescent consumption of caffeine has been linked to dependence, poor sleep, and possible developmental problems.
- Alcohol mixed with caffeinated energy drinks puts adolescents and young adults at serious risk of self-harm and other harm.