

Energy drinks: Do you know the risks?

WHAT YOU'VE HEARD

"I need an energy drink to get through my day."



"I can party all night long when I mix energy drinks and alcohol."



"It's completely safe to mix them—I've done it before."



Having an energy drink on occasion may not cause a healthy person any serious problems. However, consuming them in excess or mixing them with alcohol could put you at risk for insomnia, irritability and nervousness, weight gain, dehydration, and can add undue stress to the cardiovascular system.

WHAT WE KNOW

Keeping a well-balanced diet and a consistent sleep schedule is a simple, healthy way to remain energized. Also, regular exercise releases endorphins in your body, giving you a natural energy boost.

When energy drinks and alcohol are mixed, the stimulant effect of caffeine and other substances contained in the drink can mask the depressant effects of alcohol. This makes it difficult to determine your level of intoxication, which can lead to alcohol poisoning or risky behaviors, such as driving under the influence and unprotected sex.

Consuming alcohol and caffeine together increases your blood pressure and heart rate, and can cause irregular heartbeat. The mixture can also dehydrate the body, causing painful hangovers and affecting physical performance. Further, energy drinks are not regulated by the Food and Drug Administration.



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