

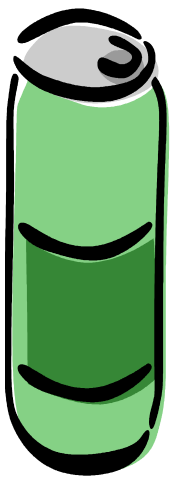
# ENERGY DRINKS

Energy drinks claim to energize you or make you more alert. First there was Red Bull™ but today, you can find several other brands like Full Throttle™, Monster Energy Drink™, Sobe Adrenaline Rush™, Dark Dog™, and Red Dragon™.

## What's in the Can?

- **Caffeine** - 80mg /250ml serving OR the same amount of caffeine found in one small cup of coffee (6.5oz) or 2 cans of cola. Caffeine is a stimulant. Too much caffeine can affect your blood pressure, sleep and may make you feel anxious. Children, pregnant and breastfeeding women should avoid the high caffeine levels found in energy drinks.
- **Taurine** - an amino acid found in dairy products and meats. Energy drinks claim taurine stimulates the mind and enhances performance but currently there is no evidence to support this. The safety of large amounts of taurine is not known.
- **Ginkgo biloba and ginseng** are herbs added to energy drinks for flavour. The small amounts used are not likely to provide any health benefits.

## Use with Caution!



- Limit to 500ml/day.
- Do not mix with alcohol. May cause electrolyte disturbances, nausea and vomiting or heart irregularities.
- Do not mix with medications or any type of natural health product without first checking with a health care professional.
- Energy drinks are not the same as sports drinks (such as PowerAde®, Gatorade®). Energy drinks may actually dehydrate your body.

