Most energy drinks contain at least as much caffeine as a standard eight-ounce cup of coffee (80 mg). To put it into perspective, a 12oz. soda contains only 18-48mg of caffeine.

Some energy drinks contain as much caffeine as found in 14 cans of soda! In addition to large doses of caffeine, energy drinks contain huge amounts of sugar, herbal stimulants and excessive amounts of B-vitamins.
common energy drink

INGREDIENTS

**Ginseng:** A root that is believed to help reduce stress and increase energy levels.

**Carnitine:** An amino acid that helps to metabolize fatty acids.

**Ginkgo Biloba:** Created from the seeds of the ginkgo biloba tree, it has been shown to enhance memory.

**Taurine:** A natural amino acid produced by the human body. Taurine helps to regulate normal heart-beats and muscle contractions. Its effects on people when consumed as a drink additive remain unclear.

**Inositol:** A member of the B-complex Vitamin that assists with relaying messages between cells. It is not a vitamin itself.

**Guarana Seed:** A stimulant that grows in Brazil & Venezuela which contains high levels of caffeine.
an energy drink

COMPARISON

CAFFEINE CONTENTS IN MILLIGRAMS PER SERVING:

- Red Bull: 80 milligrams per 8.3-oz serving
- Monster and Rockstar: 160 mg per 16-oz serving
- Amp Energy: 71 milligrams per 8-oz serving
- 5 Hour Energy: 200 milligrams
- NOS: 260 mg per 16-oz serving
- Full Throttle: 100 mg per 8-oz serving

IN COMPARISON:

- Brewed coffee: 200 milligrams per 12-oz serving
- Mountain Dew: 54 mg per 12-oz serving
- Dr. Pepper: 41 mg per 12-oz serving
- Pepsi Cola: 38 mg per 12-oz serving
- Coca-Cola: 34.5 mg per 12-oz serving
- Canned or bottled tea: 20 mg per 12-oz serving
energy drinks and adverse reactions

Nausea
Vomiting
High blood pressure
Tremors
Dizziness
Numbness
Anxiousness
Dehydration
Users may feel alert enough to drive, even if they are well beyond the legal limit.

Drinkers who mix alcohol with energy drinks are 3 times more likely to binge drink than those who do not.

Drinkers who consume alcohol with energy drinks are twice as likely to have been sexually taken advantage of, take advantage of someone sexually, and to report riding with a driver who was under the influence.

Caffeine and alcohol are both diuretics (increase the rate at which water escapes your body) which can cause one to become extremely dehydrated.

The more dehydrated you are, the higher your Blood Alcohol Content (B.A.C.) will become!

Alcohol is a depressant, while caffeine is a stimulant. Mixing the two can cause you to not realize how intoxicated you are, which increases the likelihood of drinking a dangerous amount of alcohol or being involved in an accident.
Boost Energy

1. Take a 60-minute power nap
2. Include physical activity in your daily routine
3. Don’t skip meals, especially breakfast
4. Eat a healthy diet
5. Stay hydrated
6. Have a power snack when feeling tired (yogurt, PB&J on whole wheat bread)
7. Increase Magnesium intake through tasty snacks like almonds, hazelnuts or cashews

Get adequate sleep

The Wellness Resource Center. Your Campus Prevention Office. wellness.missouri.edu
energy drink

NUTRITIOUS ALTERNATIVES

Sports Drinks
Low-fat Milk
Water
100% Fruit Juice