



health
promotion

Energy Drinks

Facts on Energy Drinks

Energy drinks are beverages that have ingredients that claim to give you more energy and make you feel alert. Energy drinks have ingredients such as;

- **Caffeine** – main ingredients
- **Sugar** – sold in large can sizes which have lots of added sugar
- **Taurine** – is an amino acid, which is a building block of protein.
- **Herbal Ingredients** – Ex: Ginseng and Gingko Biloba. It has been claimed that these herbs improve physical and mental performance. No scientific evidence supports this claim.

Side Effects and Who Should Avoid Energy Drinks

Side effects

- Moderate amounts are thought to be safe for adults. Mixing alcohol with energy drinks or consumed in large amounts at one time, can cause irregular heartbeats, irritability, headaches and nervousness.

Who should avoid

- Children, adolescent, and pregnant or breastfeeding women.

Should you use energy drinks during exercise?

NO!

- High sugar levels makes it harder to absorb during exercise and could cause stomach upset.
- Can cause dehydration during exercise

Water is the best choice during exercise or physical activity

Sport Drinks

- Replaces fluid and electrolytes (potassium, calcium, sodium, magnesium) lost through sweat during activity
- Restores carbohydrates and sometimes protein and vitamins
- Can be used during activity lasting longer than 45 minutes in hot weather.
- No Caffeine

Resources

- www.consumerLab.com
- www.coach.ca