

## Energy Drinks

Topics: What are energy drinks and sport drinks

Key message: Health risks of using energy drinks and what is best for exercise, energy drink vs sport drink.

Slide	Info	Time
Slide 1	<b>What:</b> Good morning/afternoon, my name is _____ and this is a briefing on using energy drinks and sport drinks.	1min
Slide 2	<b>Facts on Energy Drinks</b> 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: <ul style="list-style-type: none"><li>• Caffeine – main ingredients</li><li>• Sugar – sold in large can sizes which have lots of sugar added</li><li>• Taurine – an amino acid, which is a building block for protein</li><li>• Herbal Ingredients – Ex: Ginseng and Ginkgo Biloba. It has been claimed that these herbs improve physical and mental performance. No scientific evidence supports this claim</li></ul>	1min
Slide 3	<b>Side Effects and Who should avoid energy Drinks</b> <u>Side effects</u> – 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.  <u>Who should avoid</u> – Children, adolescent, and pregnant or breast feeding women.	1min
Slide 4	<b>Should you use energy drinks during exercise</b> <b>NO!</b> <ul style="list-style-type: none"><li>• High sugar levels makes it harder to absorb during exercise and could cause stomach upset.</li><li>• Can cause dehydration during exercise</li></ul> <u>Water is the best choice during exercise or physical activity</u>	1min

Slide 5	<b>Sport Drinks</b> <ul style="list-style-type: none"><li>• Replaces fluid and electrolytes (potassium, calcium, sodium, magnesium) lost through sweat during activity</li><li>• Restores carbohydrates and sometimes protein and vitamins</li><li>• Can be used during activity lasting longer than 45 minutes in hot humid weather.</li><li>• No caffeine</li></ul>	1min
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Resources

[www.consumerLab.com](http://www.consumerLab.com)

[www.coach.ca](http://www.coach.ca)