

ENERGY DRINKS ALONE CAN BE DANGEROUS






Energy drinks are marketed as products that increase energy and mental alertness. They are generally sold in one of two containers. The first being similar to ordinary soft drinks, such as a 16-oz. bottle. The other kind, sometimes called “energy shots,” are sold in tiny containers around 2-oz. of concentrated liquid.

Caffeine is the main active ingredient in both products, and they range from 350 mg in a 16-oz. drink and up to 200 mg in an energy shot. To put that in perspective, a 12-oz. soft drink contains around 30-40 mg of caffeine, and an 8-oz. cup of coffee contains about 80-100 mg. Energy drinks are packed with obscene amounts of caffeine and drinking too many can easily lead to caffeinism.

CAFFEINISM

Caffeine is one of the most widely consumed drugs in the world. About 80% of adults consume caffeine daily. Caffeinism is intoxication caused by excessive caffeine intake. Consuming over 200 mg increases the likelihood of caffeinism. Many energy drinks have more than that amount in a single can. The feelings of caffeine intoxication feature a variety of nasty physical and mental side effects.

These include:

-  **Insomnia**
-  **Nervousness**
-  **Restlessness**
-  **Increased urination**
-  **Bowel problems**

Higher dosage symptoms include:

-  **Muscle twitching**
-  **Irregular heartrate**
-  **Loss of appetite**
-  **Mania**
-  **Disorientation**

RESOURCES

Centers for Disease Control

www.cdc.gov/alcohol/fact-sheets/caffeine-and-alcohol.htm

National Center for Complementary and Integrative Health

www.nccih.nih.gov/health/energy-drinks

BOOZE N' BULL:

A DANGEROUS COMBO



in the know

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WHY SO DANGEROUS?

While large amounts of caffeine can be dangerous alone, mixing caffeine and energy drinks with alcohol can have deadly consequences. Caffeine is a stimulant drug, while alcohol is a depressant. These two substances, when combined, clash inside the body and can have devastating effects. When mixed, caffeine will mask the effects of alcohol within the body. Make no mistake, alcohol is still acting in the body, it's just hard for the drinker to feel the intoxication. This is a problem because the user will consume more alcohol than they normally would, causing them to become very drunk, even if they can't feel it. Both alcohol and caffeine are diuretics, meaning they make the user urinate often. When combined, these substances can quickly lead to dehydration.

Symptoms of dehydration include:

- Extreme thirst
- Dry mouth
- Dark urine
- Lightheadedness
- Fatigue
- Confusion

When combined with caffeine, the amount of alcohol consumed can be enough to induce alcohol poisoning.



Some symptoms include:

- Severe loss of coordination
- Conscious but unresponsive
- Vomiting
- Irregular breathing
- Irregular heartrate
- Clammy or pale skin
- Seizures

Alcohol poisoning is an emergency and must be treated at a hospital. Seek emergency care if a friend or loved one may have alcohol poisoning.



WIDE AWAKE DRUNK

Combining alcohol and caffeine can make the drinker not even realize how drunk they are. This occurrence is known as "wide awake drunk", and its effects can last up to 12 hours. This is dangerous because drinkers will continue to drink even though they are already heavily intoxicated.



Wide awake drunks are twice as likely to:

- Drive drunk
- Ride with a drunk driver
- Become hurt or injured
- Need medical attention

When the buzz of the energy drink wears off, severe dehydration can set in, which causes vomiting that can lead to choking.

BETTER CHOICES

Alcohol is the number one cause of death, more than all illegal drugs combined. When energy drinks are added, the chances of catastrophe are doubled. The smartest and healthiest choice is to choose not to drink alcohol and energy drinks, especially mixed.

There are many healthy and natural ways to increase energy:

- Maintain a balanced diet
- Regularly exercise
- Keep a full sleep schedule
- Drink a large glass of water
- Eat almonds, peanuts and other nuts

Mixing energy drinks and alcohol makes a drinker twice as likely to lose their life, get injured, need hospitalization, or even hurt someone else.

DID YOU KNOW?

- Drinkers age 15 to 23 who mix alcohol with energy drinks are 4 times more likely to binge drink than drinkers who do not mix alcohol with energy drinks.
- Drinkers who mix alcohol with energy drinks are more likely to report unwanted or unprotected sex, drunk driving or riding with a driver who was intoxicated or sustaining alcohol-related injuries.
- Caffeinated alcoholic beverages are heavily marketed on social media to youth consumers, the demographic that suffers from the effects the most.
- 47.4% of college-aged young adults report mixing alcohol with energy drinks in the past years.
- Nearly a third of young people aged 19-28 consume energy drinks at least once a year.

STAY SAFE - AVOID ALCOHOL AND ENERGY DRINKS

While they may seem flashy and cool, energy drinks are terrible for the body. Doubly so when mixing with alcohol. The best way to stay safe is to avoid these drinks altogether

