

## How Dangerous Are Energy Drinks?

Energy drinks are considered one of the most popular dietary supplements in America—only second to multivitamins. In fact, over 30% of teenagers, ages 12-17 years old, and 90% of adults, consume energy drinks on a regular basis.

## How Much Caffeine is Safe?

According to the Food and Drug Administration (FDA), 400 milligrams (mg) of caffeine per day is safe for most adults—or about 4 cups of coffee. The American Academy of Pediatrics recommends that adolescents limit their caffeine intake to 100mg per day and children under 12 avoid caffeine altogether.

Additionally, the American Academy of Pediatrics advises that children and adolescents do not consume energy drinks because of the high content of caffeine. For example, an 8.4 ounce of Red Bull contains 80mg of caffeine, a 16 ounce can of Monster contains 160mg of caffeine, a 16 ounce can of Celsius Essential Energy has 200mg of caffeine, and a 16 ounce can of Bang contains a whopping 300mg of caffeine.



## Effects of Energy Drinks

With the increase in popularity of energy drinks, there is also an increase in the number of reported side effects caused by energy drinks. Surprisingly, energy drinks are not regulated and many companies do not test their drinks. Additionally, many energy drinks contain ingredients that have not been thoroughly investigated.

Some of the reported side effects include:

- **Increased Heart Rate.** Because of the excessive amounts of caffeine in energy drinks, a frightening increase in your heart rate could occur. In people with heart conditions like atrial fibrillation, the excessive caffeine can cause heart palpitations and a heart arrhythmia.
- **Liver Disease.** Because there are no standards or regulations on the amount of caffeine an energy drink can contain, it is important to read the labels on energy drinks.

Some people can be sensitive to even small amounts of caffeine which could lead to liver disease.

- **Brain Fog.** Too much caffeine can leave you feeling foggy with difficulty concentrating and headaches.
- **Seizures.** Caffeine can worsen seizures in people with epilepsy. Additionally, certain medications used to treat epilepsy can increase the risk of a seizure when used in combination with caffeine.
- **Chest Pain.** Chest pain occurs when blood flow to the heart is blocked. As caffeine consumption occurs, so does the restriction of blood flow and the possibility of chest pain can occur.

### **Tips To Quitting Caffeine**

The two most commonly used methods of quitting caffeine are a “cold turkey” method and a weaning method.

**Cold Turkey Method:** The cold turkey method is the fastest way to detox from caffeine and can help you realize how dependent your body is on caffeine. Unfortunately, the cold turkey method can produce severe withdrawal symptoms and even cause you to feel poorly for 1-3 days or even several weeks, if the addiction is severe.

**Weaning Method:** The weaning method may be the most appropriate method for some people as it can have fewer withdrawal symptoms, with mild to no caffeine headaches vs. severe headaches and it can be less shocking to your body. The cons of the weaning method are that it could take longer to detox from caffeine and having to track the amount of caffeine you consume each day.

[The buzz on energy drinks - Mayo Clinic Health System](#)

[How Dangerous Are Energy Drinks? \(verywellhealth.com\)](#)

[Energy Drink Health Side Effects - Good Idea – GOOD IDEA](#)

[Caffeine Detox: How to Quit Caffeine and Break the Addiction \(caffeineinformer.com\)](#)

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