

Rear End Report

Lay OFF the Energy Drinks!

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SJU Health Initiative

Feeling Like a Rockstar? Maybe NOT!

Want to know more about the SJU Health Initiatives and what we do? Visit us on our homepage!

www.csbsju.edu/sjhi/default.htm

Looking to Boost your Energy?

Try these NATURAL ways:

- ⇒ Get in the habit of exercising often
- ⇒ Eat an Apple!! They have the energy of a cup of coffee!
- ⇒ Get some sleep!! 6-8 hours a night should give you all the energy you need.
- ⇒ Schedule your time! This will take some of the stress out of your day and hopefully allow you to use your energy in a positive way.

The ever-increasing popularity of energy drinks has caused many health officials to question the risks that these 'shots of life' may pose. It is interesting to note that, in fact, energy drinks are not governed by the FDA as of yet. Because of this there are no restrictions on the levels of caffeine an energy drink can contain. Even though the FDA mandates that the highest amount in a serving can be 65 mg, so energy drinks today may contain upwards of 300 mg.

What is a safe dosage you ask? Well, most health officials agree that if you consume a couple of cups of coffee daily or a few pops you will be just fine (only caffeine considered). The problem is that most people do not draw a line between energy drinks and pop whereas if you were to drink three Rockstars in a day

you would be consuming close to a gram of caffeine, or the equivalent of over 15 cups of coffee! Just on a side note: 3 grams or more can be FATAL.

Ridiculous you say? No one would ever consume that much? Well, to date, there have been several reported deaths and many close calls including one recent case where a fifteen year-old male reportedly drank 7 Red Bulls in a span of two hours in order to boost his energy in between basketball games. This may be a very extreme case but the symptoms that can cause death are very serious in much less severe cases as well: Addiction, irregular heartbeat, fluctuating pulse, high blood pressure, and a weak heart.

These symptoms are very common for those who regularly consume energy drinks. The worst part of it all is that energy drinks are



Maybe you should avoid 'partying like a Rockstar'!

relatively new and the long term effects have not been properly studied as of yet. In the future health implications will be better understood. Until then? Perhaps it is better to stay off the Red Bull.

For more info visit these Websites:

Webmd.com/foodrecipes

thedartmouth.com/2009/01/13/news/energy

mayoclinic.com/health/search/search