

## Alcohol Energy Drink Consumption: Risk-Taking & Consequences

### What are you drinking?

- Most energy drinks are carbonated and contain large amounts of caffeine and sugar with the following additional ingredients:
  - B Vitamins
  - Taurine
  - Guarana
  - Ginko

### Lack of Research and Regulation:

- Most energy drink ingredients are not regulated by the FDA.
- Some studies found that **Taurine** and **Guarana** can cause high blood pressure, strokes, seizures, and heart disease.

### What we do know about the effects:

- Caffeine is addictive and may cause withdrawal symptoms and headaches.
- Mixing a stimulant (caffeine) with a depressant (alcohol) can mask the depressant effects of alcohol.
- Mixing alcohol and energy drinks puts the individual at a heightened risk for dehydration, alcohol poisoning, increased heart rate and blood pressure, and prevents sleep.

### Top five reasons why mixing caffeine or energy drinks with alcohol are a really bad idea:

1. Mixing caffeine and alcohol can increase the risk of alcohol poisoning. Since caffeine makes people feel “less drunk” than they really are, they tend to drink more than they should.
2. Mixing alcohol and caffeine can make your heart rate and blood pressure rise.
3. Caffeine can make you feel energetic even if you’re drunk. Why is this dangerous? Because people can be “tricked” into thinking they are alert enough to do things such as drive a car, when they really are not.
4. Caffeine and alcohol are both diuretics, leading to dehydration (and really bad hangovers).
5. Adding caffeine to alcohol can make drinking alcohol all the more addictive.

The infographic consists of three colored boxes with text and three images of drinks. On the left, a teal box contains the text: "High risk drinking for males is 5 or more drinks in a 2 hour period". In the center, there are three images of drinks: a shot glass with yellow liquid, a wine glass with red liquid, and a beer mug with yellow liquid. Below each image is a label: "1.5 oz shot", "5 oz wine", and "12 oz beer". On the right, a purple box contains the text: "High risk drinking for females is 4 or more drinks in a 2 hour period".