WHAT'S IN YOUR ENERGY DRINK?

Most energy drinks are now labeled with Nutrition Facts instead of Supplement Facts, but that doesn't guarantee their safety, especially if you consume more than one energy drink per day.

Some energy drinks contain 2–3 servings in each can. When looking at the Nutrition or Supplement Facts panel, double or triple the amount of calories, sugar, caffeine, and other ingredients to see what you will be getting.

One can provides 52 grams of sugar (equal to 13 teaspoons), which contributes to your daily calorie intake.

You can't always tell the exact amount of each ingredient in the product (unless indicated separately, such as caffeine).

Product contains caffeine, as well as guarana seed extract, which is another source of caffeine. Be sure to look at the total caffeine content from all sources on labels and factor it into your caffeine intake for the day.

Taurine, L-carnitine, glucuronolactone, inositol, and Panax ginseng are common ingredients in energy drinks, but they haven't been proven to provide additional benefit for physical or mental performance compared to caffeine alone.

Energy drink cans usually carry a warning. Be sure to read carefully, as it could make you think twice.

THIS IS FOR EDUCATIONAL PURPOSES ONLY. THIS LABEL DOES NOT MEET THE LABELING REQUIREMENTS DESCRIBED IN 21 CFR 101.9.