



ENERGY DRINKS

KNOW WHAT YOU'RE CONSUMING

ENERGY DRINKS

- ↳ May contain other stimulants along with caffeine.
- ↳ May contain more than one serving per can.
- ↳ Can cause side effects such as headaches, jitteriness, and anxiety.

IF YOU'RE GOING TO USE ENERGY DRINKS

- ↳ For general use, do not consume more than 400 mg per day of caffeine from all sources—this includes dietary supplements!
- ↳ Look for energy drinks that contain 200 mg or less of caffeine.
- ⊗ Don't use energy drinks for hydration.
- ⊗ Don't mix energy drinks with alcohol.

BOTTOM LINE

It is impossible to know the effects of all the combinations of ingredients in the body.