

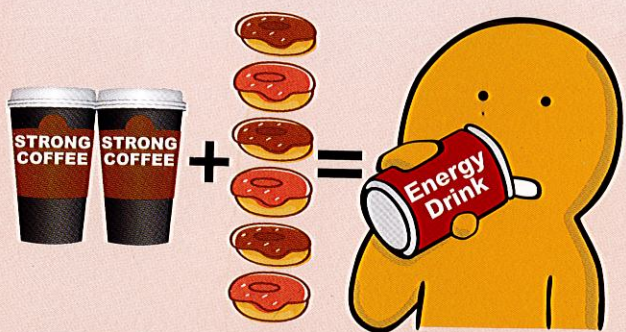
## What are ENERGY drinks?

Energy drinks are fizzy drinks that are high in caffeine, as well as generally being high in sugar and ingredients like guarana and ginseng, which also have stimulant properties.

Some of the larger cans contain as much caffeine as two strong cups of coffee and as much sugar as six donuts. There are some low or no sugar versions but they still contain caffeine and other stimulants.

Energy drinks are often confused with sports or isotonic drinks, which tend not to contain as much caffeine **but are still generally high in sugar.**

The best drink for anyone taking part in sport is **water.**



One energy drink can = two strong coffees' worth of caffeine and six donuts' worth of sugar.

## What do we Know about them?

The UK has the **second highest** energy drink sales per head in the world

A survey across 16 countries (including the UK) found that consumption was highest amongst adolescents **aged between 10 and 18 years**

Adolescents in the UK consume more energy drinks on average than their counterparts in other EU countries



Youth energy drink consumers are more likely to have **unhealthy diets**, and **experience hyperactivity** and a range of **other health effects**

Links have been found between children's consumption of energy drinks and health complaints such as **headaches, stomach aches, tooth decay** and **sleeping problems.**

Commonly occurring symptoms being **vomiting, nausea, feeling jittery** or on edge, trouble sleeping, palpitations, dizziness, fainting, abdominal pain and headache.

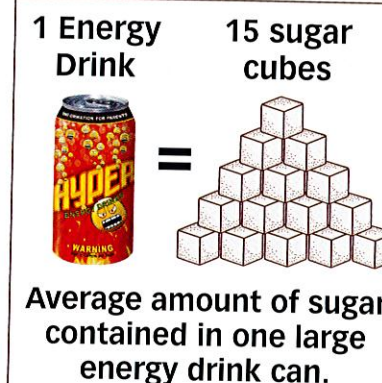
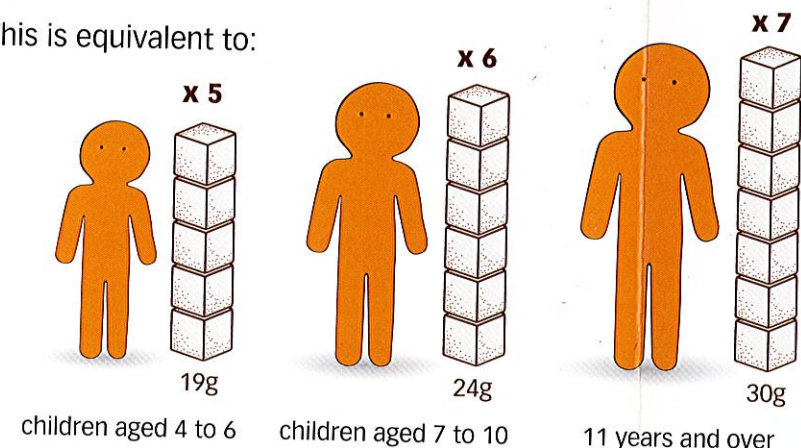


Energy drinks = hyperactivity  
 = poor attention  
 can = poor academic performance

## Too much Sugar is harmful to your Health!

It is recommended by SACN\* that free sugars account for no more than 5% of your daily energy intake.

This is equivalent to:



\*Scientific Advisory Committee on Nutrition.

**Children should NOT exceed the recommended maximum intake of sugar**

## What is Caffeine?

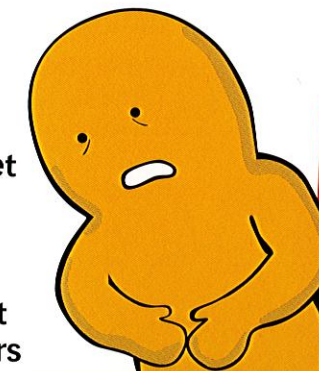
Caffeine is a plant product that is most commonly found in **coffee beans, tea, soft drinks, cocoa, chocolate** and energy drinks.



A stimulant drug that is addictive and has side effects

Heavy daily caffeine use may cause side effects such as:

- Insomnia
- Nervousness
- Restlessness
- Irritability
- Stomach upset
- Diarrhoea
- Dizziness
- Nausea
- Fast heartbeat
- Muscle tremors



One of the most widely used drugs in the world...