

What are the Myths and Facts?

Here are some of the misconceptions young people have about energy drinks



Myth - helps sports performance

Fact - dehydration

Myth - makes you look cool

Fact - tooth decay



Myth - helps your confidence

Fact - can give you anxiety

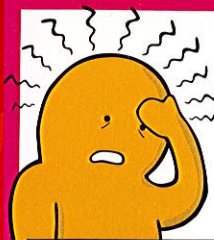
Myth - helps you stay awake

Fact - irritable & tired during day



It's a **Myth** that they are harmless

the **FACT** is



they may cause health problems like headaches, stomach aches and palpitations

What if I want more information or advice?

If you would like to know more about the HYPER! study, take a look at our website:

www.dur.ac.uk/public.health/projects/current/hyper/

If you would like further information please speak to your:

Local School nurse,

G.P.

or

County Durham, drug and alcohol recovery services.

☎ 03000 266 666



REMEMBER

The best drink for general well-being and anyone taking part in sport is

water



WARNING

Not recommended for children, pregnant or breastfeeding women and persons sensitive to caffeine.



Altogether better Durham

Bishop Auckland & Shildon Area Action Partnership

health xpress

Durham University

Hearing Young People's Views on Energy Drinks Research (HYPER) study
County Durham Drug and Alcohol Recovery Service

INFORMATION FOR PARENTS



HYPER

ENERGY DRINKS

WARNING
High in Caffeine and Sugar