

Osteopathic Family Physician

Advocacy | Education | Leadership
PATIENT HANDOUT



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HIGH ENERGY DRINKS:

High-energy drinks are some of today's more popular and top selling drinks. The main parts in some high-energy drinks are large amounts of sugar and caffeine, as well as nutrients and herbs. This mix can give the drinker the feeling of a sudden energy rush. People who drink high-energy beverages do so for many reasons such as a quick pick-me-up, to make one more mentally alert, to boost physical energy, or for to help stay awake at night. Americans are drinking these drinks in record numbers, but maybe with little thought of all of the possible risks of these drinks.

WHAT ARE THE RISKS?

Some high-energy drinks have too much sugar and caffeine. This may cause weight gain, a fast heartbeat, high blood pressure, or feeling nervous. Another risk is the increased chance of dehydration (water loss) when high-energy drinks are used around the time of exercise. If energy drinks are mixed with alcohol, this may be even more of a concern than energy drinks alone. High-energy drinks can dull the feeling caused by too much alcohol, which may lead to more drinking and alcohol related injuries. Pregnant women and women nursing may want to limit or avoid these drinks. Young children should not drink drinks with caffeine.

DO HIGH ENERGY DRINKS HAVE BENEFITS?

For most people, drinking energy drinks now and then may be okay. If you always feel tired, think about a healthy way to boost your energy level. Eat a healthy diet, exercise regularly, and get 8 hours of sleep each night to help raise your energy level. If these ideas do not seem to help, please see your Osteopathic Family Physician. Feeling tired may be a sign of an underlying medical problem such as anemia (low red blood cell count) or hypothyroidism (low thyroid hormone).

LEARNING THE FACTS:

Please speak with your Osteopathic Family Physician about the possible dangers of high-energy drinks and problems of improper use. High-energy drinks are not meant to be thirst quenchers or sports drinks. Ask about the amount and how often people can drink these drinks. The best choice to replace fluid is water or a sport drink that has electrolytes. If you have a medical problem such as high blood pressure or heart disease, ask if energy drinks may cause these to get worse. Working together with your Osteopathic Family doctor will help you decide what would be safe and best for you. In case of any emergency, you should call your doctor or 911 immediately or if possible safely go to the nearest hospital. Source(s): High-energy drinks. gov, Mayo Clinic, NIH.

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