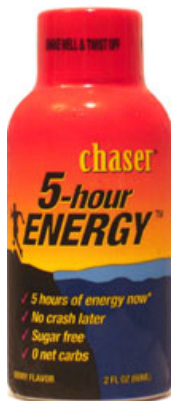


Energy Drinks: Are they Safe?



What you should know

- ◆ Energy drinks are beverages that contain large doses of caffeine and/or non-caffeine stimulants.
- ◆ Look for these ingredients on the label:

<u>Caffeine Stimulants :</u>	<u>Non-Caffeine Stimulants :</u>
Methylxanthines	Ginseng
Theine	Ma-huang
Mateine	Ephedra
Guaranine/Guarana	Other ephedra-like substances
Methyltheobromine	
7 Methyltheophylline	
- ◆ Caffeine and non-caffeine stimulants are used to increase energy, enhance mood, and delay sleep.
- ◆ Symptoms of caffeine poisoning may include: nausea, vomiting, nervousness, tremor, insomnia, restlessness, delirium, sweating, headache, seizures, and increased heart rhythm
- ◆ Use caution with energy drinks in combination with exercise, alcohol and medicines.
- ◆ Contact your pharmacist, physician or the Poison Control Center (1-800-222-1222) if you have questions.

