

Mixed with alcohol, Energy drinks can give false perceptions

Can give you the impression that you are in possession of all your faculties by the stimulating effect of the caffeine, but in fact it masks the depressant effect of alcohol and does not in any way reduce the rate of alcohol in your blood.

The more mixes there are, the higher the risks:

- Heart palpitations
- The increase in pressure is multiplied and can be dangerous, even fatal.

Avoid mixing with medication, or any other illicit psychoactive substances.

Misuse of energy drinks may increase the risk of developing symptoms related to certain mental health problems, especially in persons who may be carriers of schizophrenia or bipolar disorders.

Scientific research in this area is not conclusive, but some cases of induced psychosis have been reported. ²

How much caffeine can a person absorb daily?

4 to 6 years old.....45 mg

7 to 9 years old.....62.5 mg

10 to 12 years old.....85 mg

13 to 17 years old2.5 mg/kg weight

18 years and older.....400 mg

CAUTION!

- A 14 year old teen weighing 50 kg should not exceed 125 mg of caffeine per day.
- Pregnant or breastfeeding women should avoid consuming this type of drink.

Energy drinks should not be a part of a daily diet.

If you choose to consume energy drinks, do it safely by respecting the recommendations indicated on the products.

What foods and drinks contain caffeine?

Coffee (175 ml)

Percolator	74-144 mg
Filter.....	108-180 mg
Instant	60-90 mg
Espresso	60-80 mg
Decaffeinated	Less than 6 mg

Energy drinks

Hype (250 ml)	80 mg
Red Bull (250 ml)	80 mg
Monster (473 ml).....	164 mg +10 guarana
Full Throttle (473 ml)	141 mg
Rockstar (473 ml)	160 mg + 50 guarana

Soft drinks

"Cola" type (355 ml)	35 mg
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Chocolate

Dark chocolate	40-50 mg
Milk chocolate	3-20 mg
Chocolate milk	2-8 mg
Hot Chocolate.....	6-30 mg

Tea (175 ml)

Light.....	18-24 mg
Strong.....	78-108 mg
Iced tea	3- 40 mg

Are you lacking energy?

Instead of consuming an energy drink that will only give you a temporary energy boost, here are some suggestions for healthy snacks that will help you keep going longer while being good for your health:

- Fresh fruits
- Dried fruits and nuts
- Mixed yogurt and cereal
- Crackers with a few pieces of cheese
- Eggs
- Granola bar
- Chocolate milk (250 ml)



Don't forget!

To avoid feeling a lack of energy during the day...

- Don't skip meals
- Eat balanced, low fat meals
- Exercise regularly

Most importantly, get enough sleep to be in shape the next day.

I PERFORM WITHOUT ENERGY DRINKS



ÉTIENNE BOULAY
PROFESSIONAL FOOTBALL PLAYER



“
Consumption of energy drinks by young people has become commonplace and has increased significantly in recent years. Why consume beverages with such high caffeine content when a healthy lifestyle adequately contributes to their physical and neurological capacity? Since I have always enquired into the health of young people and athletes it seemed natural for me to participate in this prevention campaign. There are multiple risks associated with overconsumption of energy drinks and I firmly believe it is important to intervene.
 ”
 Étienne Boulay

Some useful information about energy drinks...

Did you know that energy drinks are made from guarana, caffeine and taurine?

Guarana

Originally from Brazil, guarana is a plant that produces seeds that are similar to coffee beans. The seeds of this plant have **2 to 3 times the caffeine concentration of coffee beans.**

Caffeine

Caffeine is a stimulant that speeds up the central nervous system.

Taurine

Taurine is an amino acid (a basic unit of protein) provided by the diet but in considerably lower quantities than those found in most energy drinks.

In high doses taurine can cause secondary effects indicating toxicity to the brain (hyperactivity and behavioural abnormalities, including psychotic episodes). Taurine can also disrupt functioning of the thyroid gland.¹

Most energy drinks contain high doses of taurine, from 150 to 2,000 mg per container.

Energy drinks should not be consumed in excessive amounts, nor on a regular basis, as ...

They can cause the following undesirable effects:

Dependence • Shaking • Heart palpitations • Migraines • Irregular heartbeat • Anxiety • Digestive disorders • Increased cholesterol and blood pressure • Hyperactivity • Obesity and diabetes • Mood swings • Irritability • Nausea and vomiting • Reduced concentration • Hyperexcitability • Confusion

They can create physical dependence:

It should be noted that when caffeine is ingested in large doses over 250 mg it may cause a phenomenon of intoxication that may be manifested by the following symptoms:

Nervousness • Tachycardia (increased heart rate) • Insomnia • Psychomotor agitation • Excitement • Inability to concentrate...

Caffeine dependence can also cause anxiety and sleep disorders, as well as problems during withdrawal.²

Energy drinks are not recommended during strenuous exercise since they can increase the risks of sports injuries...

Tendonitis

In addition to their nutritional composition which is unsuited to physical effort, energy drinks seem to present an additional risk by their acidifying properties. Remember that acidification of the body is a breeding ground for sports injuries such as tendonitis.³

Muscle and tendon injuries and heart rhythm problems

Caffeine is a powerful diuretic (increase urine secretion). Consequently, an energy drink can by no means hydrate an athlete because it accelerates dehydration that is a major factor in muscle and tendon injuries. Caffeine also increases problems related to irregular heartbeat.³

Dehydration

Energy drinks replace less fluid in your body compared to sports drinks. By absorbing a large dose of caffeine, you will become even more dehydrated and may suffer the following symptoms:

- Dry mouth
- Headaches
- Fatigue
- Dizziness
- Irritability
- Back and stomach pain

“ These beverages are not designed for periods of strenuous effort. ”



Guarana and sports

Recent research has demonstrated that guarana was ineffective in improving anaerobic capacity, strength or performance during short term or high intensity activities.⁴

However, it may increase the risk of:

Electrolytic imbalance • Insomnia • Muscular cramps • Dehydration



And sports drinks?

Sports drinks, meanwhile, are thirst-quenching beverages that do not contain caffeine and mainly consist of water, carbohydrates (sugar) and electrolytes (sodium, salt and potassium). Unlike energy drinks, sports drinks are suitable for rehydration in an appropriate manner during sports activities that are sustained for one hour or more.

Don't forget that water remains the best choice for maintaining optimal hydration during physical activity or in any other circumstances.

1- Isabelle Huot, Dt. P., Ph. D., Les boissons énergisantes et de réhydratation. Des cocktails explosifs, Journal de Montréal, Thursday, November 18, 2010.
 2- Dr. Jean-Pierre Chiasson, Chairman, Founder and Medical Director of the Clinique Nouveau Départ.
 3- Dee Rollins, R.D., Ph. D., Dietician, Baylor Regional Medical Center at Grapevine, Texas.
 4- Ledoux, Lacombe, St-Martin – Nutrition, sports and performance.



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