

## Energy Drinks: Are They Safe?

Energy drinks advertise that they make person more alert and enhance sports performance. However, energy drinks can be dangerous. Most energy drinks contain stimulants such as caffeine, guarana, ginseng, taurine, and ginkgo biloba. Some energy drinks have as much caffeine as 5 cups of coffee-or 10 times the amount in a can of soda. Many contain a large amount of sugar. Consuming too much of these ingredients can cause sleep problems, nausea, vomiting, high blood pressure, anxiety, heart palpitations, and even seizures. These substances can also alter a person's perception of fatigue and pain resulting in pushing yourself past your limits or causing an injury.

The best energy drink is water. Keeping hydrated promotes clearer thinking and allows a person to exercising longer and harder.