

RESOURCES

Energy Drink Websites:

<http://www.energyfiend.com>

<http://www.bevnet.com/news/2009/4-13-2009-free-energy-drink-guide>

<http://www.screamingenergy.com>

Education and other information:

<http://www.healthnetwork.org>

<http://ods.od.nih.gov/>

<http://www.aap.org>

<http://www.nfhs.org>

<http://www.youthsportsny.org>

Online news:

Weise, E. (2008, November 22). June 01, 2009. from http://www.usatoday.com/news/health/2008-10-21-energydrinks_N.htm

Worchester, S.(2007). Energy drink sales hit \$3 billion—At what health cost? Millions of U.S. teens go for their buzz. Pediatric News, 41, 2, 1. from <http://download.journals.elsevierhealth.com/pdfs/journals/0031-398X/PIIS0031398X07700644.pdf>



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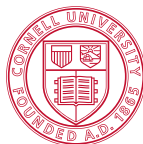
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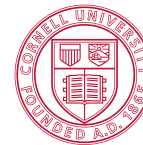
423 Griffing Avenue, Suite 100
Riverhead, NY 11901-3071

631-727-7850 • F 631-727-7130
suffolk@cornell.edu
www.ccesuffolk.org

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WHAT IS AN ENERGY DRINK?

A beverage used as a quick and easy way to relieve fatigue and improve performance. The carbohydrates provide nutrient energy and the caffeine acts as a stimulant to the central nervous system.

The difference between an **ENERGY DRINK** and a **SPORTS DRINK** is that a sports drink is marketed to athletes for re-hydration. Energy drinks are not designed to re-hydrate athletes and should not be used for those purposes.

INGREDIENTS

- Carbohydrates— 18-25g/8oz
- Caffeine— 85mg-400mg/8oz
- Herbs— astragalus, Echinacea, ginkgo biloba, ginseng, etc.
- Vitamins
- Proteins/Amino Acids
- Other Ingredients— includes pyruvate, creatine, carnitine, medium-chain triglycerides, and oxygen

SIDE EFFECTS

Central Nervous System— high doses of caffeine can produce light headedness, tremors, impairment of sleep, difficulty with fine motor control, and may exceed drug testing for caffeine thresholds.

Gastrointestinal System— delayed gastric emptying, bloatedness, abdominal cramping, diarrhea.

Dehydration— caffeine acts as a diuretic resulting in increased fluid loss.

Positive Drug Tests— there is no regulatory oversight of energy drinks. The purity of the product cannot be assured and may contain banned substances.

DANGERS

Poison centers report serious consequences from caffeine overdose. Health experts advise that children should not consume energy drinks because of various health concerns; the high caffeine content can lead to sleeplessness, nervousness, elevated blood pressure and heart rate. The high calorie content can contribute to childhood obesity. Excessive intake of energy drinks may also result in future drug and/or substance abuse.

If mixed with alcohol, energy drinks may contribute to more alcohol consumption, alcohol related injury, increased sexual assaults and either driving as or with a drunk driver.

Energy drinks may interact with medications such as heart and circulatory medications and stimulatory medications like those prescribed for ADHD.

THE STUDENT ATHLETE

Adults in positions of responsibility should model behavior by discouraging the use of and educating young athletes regarding energy drinks. Such efforts should focus upon potential harm and side effects in addition to the high cost. There are no proven performance benefits to consuming these drinks. Following is NCAA permissible and impermissible products and/or ingredients.

PERMISSIBLE PRODUCTS

Vitamins and minerals, energy bars, calorie replacement drinks and electrolyte replacement drinks

IMPERMISSIBLE INGREDIENTS

Amino acids (including amino acid chelates), Chondroitin, Cysine, CLA (Conjugated Linoleic Acid), Creatine/compounds containing creatine, Garcinia Cambogia (Hydroxycitric Acid), Ginkgo Biloba, Ginseng, Glucosamine, Glutathione, Glycerol, Green Tea, HMB (Hydroxyl-Methylbutyrate), Melatonin, MSM (Methylsulfonyl Methane), Protein powders, St. John's Wort, Tribulus, Weight-gainers and Yohimbe

Sports related legislation reflects a philosophy that proper nutrition based on scientific principles is one of the tenets to optimal performance.