



Rethink Energy Drinks

Energy drinks (or shots) are beverages that claim to boost your energy. The main ingredient in energy drinks is **caffeine**. Too much caffeine can cause problems including:

- trouble sleeping
- irritability
- headaches
- higher blood pressure
- a faster heart rate
- nervousness

Caffeinated energy drinks are not recommended for:

- kids
- teens
- those who are pregnant and breastfeeding

Other Ingredients in Energy Drinks

Energy drinks may also contain:

- sugar
- vitamins
- minerals
- taurine (an amino acid)
- herbal ingredients like guarana and yeba mate, which are natural sources of caffeine

However, just because an ingredient is natural does not mean it is healthy.

Other than caffeine, there is little scientific evidence that these ingredients improve energy.

Avoid Mixing Energy Drinks with Alcohol

Mixing energy drinks with alcohol can be dangerous. The caffeine in energy drinks can make you feel less intoxicated than you actually are. This can lead you to drink more alcohol than you normally would.



Stay Alert Without Energy Drinks

Try these healthy energy boosters to help you stay alert and energized:

- ✓ **Drink water:** Dehydration can make you feel tired.
- ✓ **Get enough sleep:** Turn off electronics and get enough quality sleep each night.
- ✓ **Be active:** Moving your body increases energy and helps you sleep better at night.
- ✓ **Eat well:** Nutritious foods fuel your body to get through the day.

Use Cautionary Statements on Labels



Caffeinated energy drinks are a type of **supplemented food** with added ingredients (like caffeine) for non-nutritional purposes.

As with all supplemented foods, these drinks have label requirements. If you choose to drink caffeinated energy drinks, follow the **cautionary statements** to understand how much caffeine is in the drink.

To learn more about caffeine, scan the QR code or visit the *Caffeine in Foods* webpage on Canada.ca.

