

Introduction

The dangers of energy drinks are getting a lot of press because of the sheer volume of energy stimulating products in the marketplace and the ease of access to these by minors.

While most energy drinks don't have as much caffeine as a Starbucks' coffee, they are heavily sweetened and easy to drink, which appeals more to the younger demographic.

Therefore, we are seeing increased incidents of those 18 and younger having dangerous side effects from consuming too many energy drinks at one time

Source: <https://www.caffeineinformer.com/top-10-energy-drink-dangers>

1. Cardiac Arrest

While our Caffeine Calculator can show people how many energy drinks at one time would be lethal, this formula doesn't apply to everyone. Those with underlying heart conditions have gone into cardiac arrest after just a few energy drinks. Before drinking energy drinks or caffeine, be sure to know your heart's health.-A new study showed that energy drinks cause more forceful heart contractions, which could be harmful to some with certain heart conditions.

2. Headaches and Migraines

Too many energy drinks can lead to severe headaches from the caffeine withdrawal symptoms. Changing the amount of caffeine you ingest daily can cause more frequent headaches

3. Increased Anxiety

Those with 2 different genetic variations in their adenosine receptors are prone to feeling increased anxiety when consuming caffeinated beverages such as energy drinks. Larger doses of caffeine can even spur on full-blown panic attacks.

4. Insomnia

Energy drinks do a good job of keeping people awake, but when abused, they can cause some people to miss sleep altogether. This lack of sleep causes impaired functioning and can be dangerous to drive or perform other concentration heavy tasks.

5. Type 2 Diabetes

Because many energy drinks are also very high in sugar, they can eventually wear out the insulin-producing cells of the pancreas, which leads to type 2 diabetes.

6. Drug Interaction

Some of the ingredients in energy drinks can interact with prescription medications especially medications taken for depression.

7. Addiction

9. Jitters and Nervousnes

Too much caffeine from energy drinks causes some people to shake and be anxious. This can interfere with performing needed tasks or cause emotional issues

10. Vomiting

Too many energy drinks can lead to vomiting. This causes dehydration and acid erosion of teeth and esophagus if frequent.

11. Allergic Reactions

Because of the many ingredients in energy drinks reactions could occur, from minor itching to airway constriction.

12. High Blood Pressure

Caffeinated products like energy drinks can elevate a person's blood pressure. For those with normal blood pressure, this isn't concerning, but those with already elevated blood pressure could be placing themselves at risk of stroke and other health problems related to hypertension if they consume too many energy drinks in a short period of time.

13. Niacin Overdose

Niacin (Vitamin B3) is placed in most energy drinks at levels that cause no harm and can even be therapeutic. However, if a person is taking additional supplements containing Niacin, overdosing on the vitamin is possible when consuming energy drinks in addition to those supplements. Symptoms include; Skin flushing, dizziness, rapid heart rate, vomiting, itching, gout, and diarrhea.

14. Stress Hormone Release

A study conducted by The Mayo Clinic found that a 240 mg version of Rockstar Energy Drink caused an increase in stress hormone release. The average norepinephrine level of the participants increased by 74% while the placebo only caused a 31% increase

People can become addicted to caffeine and energy drinks. This can lead to a lack of functioning when unable to have the energy drink or a financial stress from having to buy several energy drinks daily.

8. Risky behavior

There was a study published in The Journal of American College Health which showed that teens are more likely to take dangerous risks when high on caffeine. This could result in injury or legal trouble.



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