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The Serious Dangers of Energy Drinks

March 3, 2011

Caffeine: A Serious Concern with Energy Drinks

Energy drinks are sold in >140 countries and are a \$9 billion/year industry. Now a [new study](#) has raised serious concerns about energy drinks, primarily due to the caffeine content.

- [Research](#) found that just 1 energy drink per day contains enough caffeine considered to be "dangerous" in 70% of children and 40% of teenagers (3 mg of caffeine per kilogram of body weight).
- In adults, 400 mg/day is considered safe, 1,000 mg/day is "toxic", >5,000 mg/day is "lethal".
- The FDA has a limit of 71 mg of caffeine per 12 ounces of soda but [energy drinks can bypass this law because they claim to be "natural dietary supplements"!](#)
- These caffeine levels can produce health problems like headaches, fatigue, [heartbeat irregularities](#), tremors, and anxiety also SERIOUS health problems like stroke, and seizures, and even [death](#).
- In addition to the dangerous levels of caffeine, energy drinks contain many substances that are both unregulated and understudied that have caused drinks like Red Bull to be called "[speed in a can](#)," "[liquid cocaine](#)," and a "[legal drug](#)."

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