Some Substances Contained in Energy Drinks

- **Caffeine** (typically the amount in 2.5 Cokes)
- **Guarana** (caffeine-like stimulant from Brazil)
- **Taurine** (stimulant)
- **Ephedrine** (stimulant)
- **Siberian Ginseng** (stimulant)

**Health Concerns With Energy Drinks Alone**

Ephedrine and caffeine together have been shown to cause **deadly heart problems**. Some people have a high sensitivity to stimulants. Sugar in these drinks **slows the body’s absorption of water**, contributing to dehydration.

**Concerns with Mixing Energy Drinks and Alcohol**

Caffeine and alcohol are both diuretics (which flush water out of your body). This combination could lead to **severe dehydration** and is suspected to be the cause in 3 deaths involving Red Bull and alcohol. Combining a **strong stimulant** (caffeine) and a **strong depressant** (alcohol) can lead to **serious cardiopulmonary or cardiovascular failures**. Both stimulants and alcohol contribute to a **loss of coordination and balance**. Both stimulants and alcohol affect the body’s **ability to regulate temperature**. Stimulants may make a person more alert, making them less aware of their level of intoxication and more likely to participate in dangerous activities. Stimulants may keep a person up longer, possibly extending the time they will continue drinking.