ENERGY DRINKS AND ALCOHOL

Energy drinks like Red Bull, Crunk, and Hydrive on their own can lead to some health concerns. When mixed with alcohol, serious additional consequences may appear.

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.