




**AM I
BOVVERED**



WHATEVER



OMG

STATEMENTS

1. A number of the ingredients in energy drinks can cause allergic reactions, these can range from itching and rashes to more severe reactions such as difficulties breathing.
2. Drinking too many energy drinks can cause people to feel and be sick. There is no safe number of energy drinks, each person is very different.
3. Young people are more likely to take dangerous risks once high on caffeine. This has been known to end in individuals getting hurt or getting into trouble with the law.
4. Too much caffeine from energy drinks can cause people to suffer from anxiety and get the shakes. It has been found that just 250ml can cause people to suffer anxiety problems.
5. Some of the ingredients in energy drinks can make some medicines less effective.
6. Because of the high levels of sugar in energy drinks, they can wear out a person's insulin stores and cause diabetes
7. Energy drinks cause a heart to beat harder, this can be harmful and in some cases cause heart attacks and even death.
8. Energy drinks can affect studying, rather than keeping people more alert and focussed they can cause panic and anxiety, this can lead to work not being completed or completed to a lower standard than the person's ability.
9. People are much more likely to drive whilst being over the alcohol limit, this is because energy drinks make them feel more alert and more able to drive than they really are.
10. Whilst a lot of young people use energy drinks for weight loss and as quick meal replacements, they can actually cause obesity due to the high levels of sugar found in them, many have roughly the equivalent to 2 large slices of full fat cheese cake.