What are the Myths and Facts?

Here are some of the misconceptions young people have about energy drinks:

**Myth** - helps sports performance

**Fact** - dehydration

**Myth** - makes you look cool

**Fact** - tooth decay

**Myth** - helps your confidence

**Fact** - can give you anxiety

**Myth** - helps you stay awake

**Fact** - irritable & tired during day

It’s a **Myth** that they are harmless

the **FACT** is they may cause health problems like headaches, stomach aches and palpitations

What if I want more information or advice?

If you would like to know more about the HYPER study, take a look at our website: www.dur.ac.uk/public.health/projects/current/hyper/

If you would like further information please speak to your:

Local School nurse,

G.P.

or

County Durham, drug and alcohol recovery services.

☎ 03000 266 666

**WARNING**

Not recommended for children, pregnant or breastfeeding women and persons sensitive to caffeine.

**REMEMBER**

The best drink for general well-being and anyone taking part in sport is water

**WARNING**

High in Caffeine and Sugar

Hearing Young People’s Views on Energy Drinks Research (HYPER) study

County Durham Drug and Alcohol Recovery Service
**What are ENERGY drinks?**

Energy drinks are fizzy drinks that are high in caffeine, as well as generally being high in sugar and ingredients like guarana and ginseng, which also have stimulant properties.

Some of the larger cans contain as much caffeine as two strong cups of coffee and as much sugar as six donuts. There are some low or no sugar versions but they still contain caffeine and other stimulants.

Energy drinks are often confused with sports or isotonic drinks, which tend not to contain as much caffeine but are still generally high in sugar.

**The best drink for anyone taking part in sport is water.**

One energy drink can = two strong coffees’ worth of caffeine and six donuts’ worth of sugar.

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**What do we know about them?**

- The UK has the **second highest** energy drink sales per head in the world.
- A survey across 16 countries (including the UK) found that consumption was highest amongst adolescents aged between 10 and 18 years.
- Adolescents in the UK consume more energy drinks on average than their counterparts in other EU countries.
- Youth energy drink consumers are more likely to have unhealthy diets and experience hyperactivity and a range of other health effects.
- Links have been found between children’s consumption of energy drinks and health complaints such as headaches, stomach aches, tooth decay and sleeping problems.

**Energy drinks can = hyperactivity and poor academic performance**

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**Too much Sugar is harmful to your Health!**

It is recommended by SACN* that free sugars account for no more than 5% of your daily energy intake.

- This is equivalent to:
  - $\times 5$ children aged 4 to 6
  - $\times 6$ children aged 7 to 10
  - $\times 7$ 11 years and over

Average amount of sugar contained in one large energy drink can.

Children should NOT exceed the recommended maximum intake of sugar.

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**What is Caffeine?**

Caffeine is a plant product that is most commonly found in coffee beans, tea, soft drinks, cocoa, chocolate and energy drinks.

- 50g milk chocolate bar = 25mg caffeine
- Coffee up to 140mg caffeine
- Energy Drink = up to 500mg caffeine

A stimulant drug that is addictive and has side effects.

Heavy daily caffeine use may cause side effects such as:
- Insomnia
- Nervousness
- Restlessness
- Irritability
- Stomach upset
- Diarrhoea
- Dizziness
- Nausea
- Fast heartbeat
- Muscle tremors

One of the most widely used drugs in the world.

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**What are ‘free sugars’?**

Free sugars are those added to food such as sucrose, table sugar, glucose or those naturally present in such things as honey, syrups, unsweetened fruit juices, but exclude lactose in milk and milk products as well as those sugars contained in fruit that is still intact (not juiced).