

# Poison Prevention Antidote

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## Energy Drink Safety

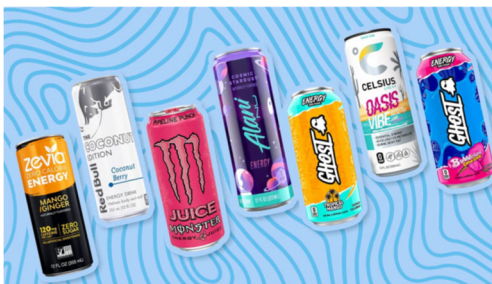
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### What is an energy drink?

- About 90% of all adults consume caffeine every day, making it the most common stimulant in the world. Coffee, tea, soft drinks, **energy drinks** or "energy shots," and over-the-counter supplements are widely available sources of caffeine.
- Energy drinks and sports drinks are two different things – Sports drinks contain electrolytes and sugar to rehydrate athletes after a workout. Energy drinks contain large amounts of caffeine, added sugars, other additives, and legal stimulants. These legal stimulants can increase alertness, attention, energy, as well as increase blood pressure, heart rate, and breathing
- Vitamins, minerals and herbals may also be found in energy drinks. Since manufacturers can label any product an "energy drink", careful review of the ingredients is required.

### What are the dangers?

- Consuming a large quantity of caffeine over a short time frame can result in physical and mental manifestations of acute caffeine intoxication. Patients may report feeling anxious or restless, be unable to sleep, or display symptoms of physical tremors. Other physical findings will often include an elevated heart rate, tremor, diarrhea, or nausea and vomiting.
- Despite the health risks associated with the overconsumption of caffeine, energy drinks and similar energy supplements are not regulated by the Food and Drug Administration (FDA).
- In general, 400 milligrams of caffeine per day is considered the upper limit of safe consumption for the average adult which is about 2-3 cups of 12-ounce coffee. Most energy drinks contain 100–300 milligrams of caffeine per serving per 16-ounce can with some brands containing up to 500mg. This is in stark contrast to sodas, which are regulated by the FDA. By comparison, a 12-ounce can of soda contains about 35 milligrams of caffeine.



### Bottom line

- Energy drinks are a source of caffeine that people may choose as an alternative to coffee or tea. Occasional consumption of energy drinks is not likely to be harmful, but drinking them regularly or consuming large amounts of caffeine at a time can increase your risk of adverse health effects, especially if you have an existing medical condition. Adults who choose to consume energy drinks should check the label for caffeine content and avoid high consumption - over 200 mg of caffeine per drink or over 400 mg of caffeine per day.

**If you have any questions or concerns about energy drinks, call Poison Help at 1-800-222-1222.**

### Upcoming Events

- 5/10-Hmong Health Fair
- 5/17-Teddy Bear Clinic
- 6/9-11-MN Juvenile Officer Association Conference



## Have you heard?

The smoke from burning poison ivy contains the toxic oils, causing blisters inside your nose, throat and airways.

Poison ivy can grow as a vine or a small shrub. It may produce yellow-green flowers and white or off-white berries in the spring and early fall. In springtime its leaves are often red, green in the summer and turn red or yellow in the fall.

Poison ivy is coated with an oil called **Urushiol** which triggers an allergic reaction.

### Prevention Tips:

- Learn to identify poison ivy
- Wear gloves
- Wash garden tools regularly
- Keep poison ivy out of the campfire.
- If you come in contact with poison ivy, wash skin with soap and cool water.

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**1-800-222-1222 FOR EMERGENCIES OR QUESTIONS**