

What are the risks associated with energy drink consumption?

The researchers state that the health risks associated with energy drink consumption are primarily related to their caffeine content.

Potential risks associated with energy drink consumption include:

- caffeine overdose (which can lead to a number of symptoms, including [palpitations](#), [high blood pressure](#), [nausea and vomiting](#), convulsions and, in some cases, even death)
- [type 2 diabetes](#) – as high consumption of caffeine reduces insulin sensitivity
- neurological and cardiovascular system effects in children and adolescents
- sensation-seeking behaviour
- use and dependence on other harmful substances
- poor dental health
- somewhat ironically, given their association with sportiness, [obesity](#)

Energy drinks also contain a variety of other ingredients, such as guarana, and the effect of long-term regular consumption of the combination of the substances in energy drinks is unknown.

What policies do the researchers suggest?

The researchers suggest the introduction of the following policies:

- an evidence-based, upper limit for the amount of caffeine allowed in a single serving of any drink
- a restriction in sales to children and adolescents
- the education of healthcare providers to recognise caffeine intoxication, withdrawal and dependence
- regulation of the marketing of energy drinks; for example, a ban on adverts that are obviously designed to target young people or suggest an association between energy drinks and sporting prowess

<http://www.nhs.uk/news/2014/10October/Pages/Warnings-issued-over-energy-drink-risks.aspx>

