



# Energy Drinks



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## - What is an energy drink and what is it made of?

It is a drink that contains large amounts of caffeine, added sugars, and other stimulants.

- Caffeine is a stimulant that temporarily renews energy, but an energy drink contains a large amount of it, amounting to one to three cups of coffee. This amount causes harm, including nervousness, stomach disorders, headaches, difficulty concentrating, and sleep problems.
- Added sugar are artificial sugars added to foods, (not natural ones found naturally in fruits). Energy drinks contain a large amount of added sugars, sometimes amounting to 27 tablespoons of sugar in one can. As you know, the harmful effects of sugar, the most important of which are tooth decay and obesity.
- Other stimulants are manufactured substances added to the drink and are not safe for children and teenagers.

## -Are energy drinks allowed for children and teenagers?

No

## -Why do some children and teenagers use it?

Teenagers often use these drinks to increase their energy, without realizing their harmful effects.



# Energy Drinks

## -What should I drink to increase my energy?

- Real energy does not come from these drinks. These drinks give you temporary energy in addition to their many harmful effects.
- Secondly, there are natural foods that give quick energy, which you can get from dates or fruits that contain a high percentage of natural sugar.

**True energy comes from within you (by working hard and practicing what you want to learn or do), and from nutritious eating and good sleep. Know that at this beautiful age you have enough energy, so you do not need to increase it through these drinks.**

## What are the harms of energy drinks?

- Ulcers and inflammation in the wall of the stomach, esophagus and duodenum.
- Acid erosion of teeth.
- Stress.
- Anxiety.
- Insomnia
- Obesity.
- Type 2 diabetes.
- High cholesterol
- Reflux of food and acids from the stomach back into the esophagus.
- Esophageal valve prolapse.
- Stress headache.
- Migraines.
- Increased heart rate.
- Osteoporosis.
- Hypertension

