

## OhioHealth Sports Medicine

# Energy Drinks and Caffeine

### What is in an energy drink?

- Caffeine in large amounts from multiple sources:
  - guarana
  - green tea
  - yerba mate
- Added sugars (about 12-15 teaspoons per can)
- Vitamins
- Other stimulants – taurine, glucuronolactone, L-carnitine

### Use with Caution:

- Energy drinks **could** have dangerous side effects:
  - Dehydration
  - Heart Complications (irregular heartbeat and heart failure)
  - Anxiety
  - Insomnia
  - Weight gain
  - Increased risk of type 2 diabetes
  - Increased risk-taking behaviors:
    - Substance use and abuse
    - Smoking & Vaping
    - Unsafe sex

### Caffeine Guidelines (per day):

Age	Caffeine	Equivalent To:
0-12 years	Not recommended	
12-18 years	<100 mg/day	2-3 cans of soda
18 and older	<400 mg/day	4 cups of brewed coffee

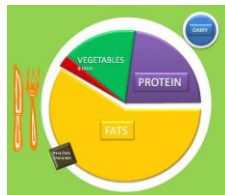
**Caffeine is NOT recommended for anyone 18 or younger.**

**However, if you choose caffeinated beverages, use the chart on the next page as a guide.**

### Quick Facts about Energy Drinks:

- The Food and Drug Administration does not regulate energy drinks. However, it does limit caffeine in cola and pepper soft drinks.
- A standard energy drink is 16 ounces and ~170 mg of caffeine.
- Energy shots are concentrated and contain ~200mg of caffeine.





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# Caffeine Comparisons

### How much caffeine is in your favorite drink?

Drink	Serving size (oz.)	Amount of Caffeine (mg)
<b>Starbucks</b>		
Coffee (tall)	12 oz.	193-270 mg
Refresher	24 oz.	70 mg
Venti Iced Coffee	24 oz.	170 mg
Venti Cold Brew	24 oz.	205 mg
Iced Espresso	24 oz.	300 mg
<b>Soft drinks</b>		
Coke	20 oz.	57 mg
Mt Dew	20 oz.	90 mg
<b>Energy Drinks</b>		
Rock Star, Monster	16 oz.	160 mg
Celsius, C4	16 oz.	200 mg
Bang	16 oz.	300 mg
<b>Energy Shots</b>		
5 Hour Energy	2 oz.	200-230 mg
<b>Pre Workout</b>		
C4	1 scoop	150 mg

*Caffeine is NOT recommended for anyone 18 or younger.*

### Safe Alternatives to Boost Energy:

- Drink water to stay hydrated
- Get plenty of sleep, 9-10 hours
- Sports drinks (Gatorade or PowerAde)
- Eat a balanced diet
- Foods such as fruits, granola bars, and pretzels can provide an energy boost
- Exercise or move around when fatigued



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