Energy drinks, coffee and soft drinks with high caffeine content designed to boost the drinkers energy level, can be harmful to one’s health when consumed in excess.

The Illinois Poison Center (IPC) is providing the following information to help educate the public about the potential health hazards of this substance:

- Nationally, emergency department (ED) visits involving energy drinks rose from 1,128 visits in 2005 to 13,114 in 2009. *
- 52% of percent of energy drink related ED visits made by patients aged 18 to 25 years old involved dangerous combinations of energy drinks and alcohol or other drugs. *
- Ingredients, such as gaurana, commonly found in many energy drinks, can work adversely with some prescription drugs like antibiotics and depression medications.
- A 2011 study found 28 percent of 12 to 14-year-olds, 31 percent of 12 to 17-year olds, and 34 percent of 18 to 24-year-olds consume energy drinks regularly.
- Children with heart problems, kidney disease, liver disease, seizures, diabetes, mood and behavior disorders, thyroid disease, and those taking certain medications may be at higher risk for adverse effects from caffeine.

* Courtesy of Drug Abuse Warning Network: “Emergency Department Visits Regarding Energy Drinks.”

### Caffeine Content Statistics:

- **Commercial Coffee** (12 oz) 260mg
- **Energy Shot** (2 oz) 200mg
- **Energy Drink** (16 oz) 160mg
- **Drip Coffee** (8 oz) 133mg
- **Soft Drinks** (12 oz) 72mg
- **Black Tea** (8 oz) 55mg
- **Green Tea** (8 oz) 20mg

### Consumption of caffeine may cause:

- Heart palpitations
- Nausea
- Vomiting
- Dehydration
- Anxiety
- Tremors
- Diarrhea
- Chest pains
- Increased heart rate and blood pressure

If you or someone you know has had a reaction to caffeine call the Illinois Poison Center immediately at 1-800-222-1222.