



ENERGY DRINKS BEWARE AND BE AWARE - NOT FOR ATHLETES

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A bottled beverage that usually contains fruit juice with any number of herbal extracts created to give you a physical or mental "boost". Some Energy Drinks are called "Sports Drinks" designed to give you an energy boost while working out. They can also contain large amounts of caffeine, sugar, minerals, and/or vitamins.

Energy drinks have become very commonly used by athletes at all levels. The beverage industry has marketed these drinks very aggressively to young athletes.

Some common brand names of energy drinks:

180 Energy X-3	180 Red Energy Drink
ACT Energy	Ace Energy + Juice
Ace Lo-Cal Energy Drink	Airforce Nutrisoda Energize
Airforce Nutrisoda Immune	Amazon Mist Iced Guarana
Amp Energy Drink	Amp Energy Overdrive
Archer Farms Energy Drink Tropical Fruit	Bawls Sugar Free
Arizona Green Tea Energy Drink Low Carb	Bawls Energy Drink
Bazza High Energy Raspberry Tea	Bing Energy Drink
BlackHole Energy	Bliss Energy Drink
Arizona Green Tea Energy Drink	Blue OX Orange Rush
Blue OX Real Power (Black Cherry)	Blue Ox Oxtails Orange flavor
Bomba Energy	Boo Koo Energy
Boost active	Bossa Natural Energy Light
Budweiser B [^] E	Buzz Bites
CL-ONE	Cascabel Energy Drink
Chaser 5 hour Energy Berry Flavor	Ciclon energy drink
Cocaine Energy Drink	Crazy Larry's Deep Space Blue
Crazy Larry's Orange Blast	Crunk Energy Drink
Damzl Energy Fuel	DareDevil Energy Drink
Defcon3 the healthy energy drink	Diablo Energy Drink
EX Extreme Energy Adrenalin Fuel	El Toro Loco Insane Energy
Elements Fire	Elements Rain
Elements Sub-Zero	Elements Sub-Zero
Emergen-C Cranberry Fizzing Drink Mix	Energy 69
Energy Boost Amazinger	Energy Fizz Citrus
Energy Fizz Offer	Enhance Energy Formula Lemon Lime
Enviga calorie burner drink Peach	Extreme Shock Fruit Punch
FRS Lemon Lime Antioxidant Energy Chews	FRS Plus Energy
FRS Wild Berry Antioxidant Energy Drink	FRS antioxidant energy drink lemon lime
FUZE Energize	Fair Warning Cool Sensation Drink

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Foosh Energy Mints
Frappio Energy Beverage
Full Throttle Fury
Gleukos Performance Beverage
Go Fast Light Energy Drink
Gorilla Juice energy drink
Guayaki Yerba Mate Raspberry Revolution
H2O Blast
Hansen's Energade Orange
Hansen's Energy Water Berry
Hansens Energy Water Tangerine
Hansen's Power Formula
Hi Ball Energy Orange Soda
Huracan
Hydrive Casaba Lime Energy Drink
Hydrive Pomegranate Energy Drink
Hyper Active Orange
Iced'Spresso Mocha Mudslide
Inko's White Tea Energy
Iron Energy Lemon-Lime Energy Drink
Jelly Belly Sport Beans
Joker Mad Energy Drink
Jolt Red
KaBoom Orange Buzzz time-released Energy
Kombucha Wonder Drink
Kronik Entourage
Lift Off Lemon-Lime
Lipovitan b3 Energy drink
Liquid Ice Energy Drink
Lo-Carb Monster Energy
Lost energy drink
Mad Croc
Magic energy kick
Metro Mint Spearmint water
Mistic Citrus RE
Monster Assault
Monster KHAOS Energy Juice
NOS Energy Drink
No Fear Gold
Omega Energy
PimpJuice
Pitbull
Power Dream Sky High Chai
Power Horse Energy Drink
Propel Fitness Water Lemon
RadioActive Energy
Rally Energy Effervescent
Reanimator naranja
Red Rave
Red Bull

Formula 7
Full Throttle
Ginseng Rush Sparkling Energy Soda
Go Fast
Go Girl Energy Drink
Guayaki Yerba Mate Empower Mint Energy
Guru Energy Drink
Hair of the dog Energy Drink
Hansen's Energy Pro
Hansen's Protein Smothie Banana Blast
Hansen's Energy Endurance Formula
Hansen's energy original
Hooah! Soldier Fuel Energy Drink
HyDrive Acai Berry Energy Drink
Hydrive Dragonfruit Energy Drink
Hype
Hyper Active Starfruit
Independent Energy Drink
Invigor8
Iron Energy Orange Energy Drink
Jet Up Action Fuel
Jolt Blue Energy Drink
Jones Soda Energy
Killer Buzz
Korean Ginseng Drink
Kronik Grind
Lift Off Orange
Liquid Blow Power Pop
Liquid Ice Energy Sugar Free
Lost Five-O Energy Juice
MDX sugar free
Mad Croc Energy Gum
Mc 2
Mistic Berry RE
Mona Vie Active energy drink
Monster Energy Drink
Mouth of the South High Energy Drink
Nexcite Energy Drink
Nuclear Waste Antidote SmartPower
Orange County Choppers High Octane Fuel
Piranha Outrageous orange pineapple
Pollen Burst
Power Dream Vanilla Blast
Power Trip Energy Drink
Purepower Shotz
RadioActive Energy No Carb
Rawling R EX2 Citrus punch
Red Jak Energy Drink
Red Rhinos
Redline Energy Rush

Reload Energy Drink	Resurrect Anti-Hangover Mixer
Rhino's Energy Drink	Rhinos Energy Gummies
Rip It Atomic Lime Wrecker Fuel	Rip It Energy Fuel - Power
Rip It Energy Fuel Atomic Pom	RockStar Energy Drink
Rockstar Energy Cola	Rockstar Juiced
Ronin	Root Beer Riot
Rox Energy Drink	Rumba Energy Juice
Rush Energy Drink	Samurai Energy Original Green Tea
Samurai Energy Raspberry Green Tea	Screamin Energy Max Hit
Shakti energy drink	SilverBack Extreme Energy
SoBe Adrenaline Rush	SoBe Adrenaline Rush Sugar Free
SoBe Energy	SoBe Essential Energy Berry Pomegranate
SoBe Essential Energy Orange	SoBe No Fear
SoBe Superman Super Power Energy Drink	Socko Energy
Soda Club Energy Drink	Source Burn Energy Drink
Sparks	Speed Zone Energy Drink
Stacker 2 Stinger Pounding Punch	Stacker 2 Stinger Sinful Citrus
Starbucks Double Shot Espresso	Sum Poosie
Syzmo Energy	Tab Energy
Tampico Energy Drink Citrus	Tiger Balance
Tiger Shot	Tilt
Tunnel Energy	Turn Left Energy Drink
TwinLab Energy Fuel	Twisted Chopper Energy Drink
Umph	Upshot Energy Shot Fruit
V&V Citrus premium energy drink	Vamp
Vault Energy Drink	Venon Energy Drink
Von Dutch Energy Drink	WOW Rockin Raspberry
WheyUP Energy Drink	Who's Your Daddy Energy Drink
Who's Your Daddy Green Tea Energy Drink Citrus	Wild Bull
Wired X3000	XELR8 energy drink
XS Citrus Blast	XS Cranberry-Grape Blast
XS Electric Lemon Blast	XTZ Orange Rageous
XTZ X-Drinx Grape Grenade	Xtazy Energy Cranberry Blast
Xtazy Energy Lime Blast	Xtazy Energy Orange Blast
Xtazy Energy Sugar Free	Xtra Sharp Fruit Flavor
Xtreme Shock Grape	Xtreme Shock Mandarin Orange
Xyience xenergy clear	Xyience xenergy cran razz
Zipfizz Berry	Zipfizz Liquid Shot Energy Drink
Zoom	

Some substances that energy drinks contain:

- Caffeine (typically the amount in 2.5 servings of Coca Cola - some as much as in 12 servings of Coca Cola)
- Guarana (caffeine-like stimulant from Brazil)
- Taurine (stimulant)
- Ephedrine (stimulant)
- Siberian Ginseng (stimulant)
- Green Tea (caffeine)
- Echinacea (herb)

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- Ginkgo Biloba (herb)
- St. John's Wort (alleged antidepressant)
- Kava Kava (traditional Polynesian sedative)
- Damiana (herb)
- Mate (caffeine-like)
- Schizandra (herb)

Health and performance concerns over energy drinks alone:

- Ephedrine and caffeine together has been proven to cause deadly heart problems, including arrhythmias, which means your heart beats out of the normal sequencing.
- Some people have sensitivity to caffeine and/or other stimulants. The combination of these substances (synergistic effects) can be life threatening.
- Sugar in energy drinks slows the body's absorption of water, contributing to dehydration. In hot or humid conditions you dehydrate faster. Your performance physically decreases greatly.
- High sugar content gives you a sugar high so you release much of your insulin resulting in your blood glucose levels plummeting and then you have low blood sugar. With low blood sugar you cannot perform mentally or physically.
- You are so jumpy you cannot process information clearly (over-stimulated).
- You over react making over-adjustments or movements too extreme.
- Caffeine is a diuretic (promotes fluid loss).

"Over-stimulate" the Central Nervous System and you lose...

The brain can function at a very high cognitive (thinking skills) level, for up to fourteen hours, during a twenty four hour period. When we send nerve impulses vast distances for example from brain down the spine to transmit impulses to the muscles, it is far more taxing, with known limits of 2-3 hours per day of high level output, physical training or work. Using energy drinks over-stimulates the CNS to a degree that it operates for a short period of time at a heightened level and then crashes. The unfortunate use of these stimulant based drinks, in reality, creates an affect that decreases the maximal amount of time that your brain can be utilized for top level function, for physical activity or training. Basically you reduce the quality of the potential 2-3 hour total time limit for training. Think first and foremost, of this scenario. Which do you think will function optimally, a fatigued brain jacked up on stimulants or a well rested brain at its' full functional capacity?

Concerns with mixing energy drinks with alcohol:

Many young people are using energy drinks and alcohol simultaneously. This is both dangerous and health debilitating, and may greatly increase the residual effect of alcohol when combined.

- Caffeine and alcohol are both diuretics (promote fluid loss), so dehydration is a possible issue and is suspected to be the cause of 3 deaths involving Red Bull and alcohol.
- Combining strong stimulants (caffeine or caffeine-like stimulants) with a heavy depressant (alcohol) could cause cardiopulmonary or cardiovascular failures.
- Both stimulants and alcohol contribute to a loss of coordination and balance.

- Both stimulants and alcohol affect the body's ability to regulate temperature.
- Stimulants may cause drinkers to feel more alert, making them perceive themselves as less impaired for driving or other dangerous activities.

Stimulants cause drinkers to stay awake and alert longer, possibly extending the length of time they will continue drinking and thus increase the amount they consume.

Capsule summary: You have no idea what is in these drinks and even less of an idea how your body will react to them. Athletes shouldn't need stimulants to train or compete. If you are so fatigued that you feel you need energy drinks, try rest and/or sleep, it is the real solution to recovery and training adaptation.