**Energy Drinks, Caffeine and Supplements Mike Gimble August 1, 2013**

**ENERGY DRINKS**

**-Kids can get anything shipped to them on the internet, such as the drug Bath Salts! Mom saw it on her credit card and thought they were a toiletry item her daughter ordered.**

**-HUGE issue is the availability of energy drinks and over the counter supplements. In Hagerstown, a 14 year old girl died from drinking two energy drinks. Turns out she had a heart defect, but most parents wouldn’t know that about their 14 year old unless there had been a previous problem.**

**-Most energy drinks do NOT have a warning label. (Spike is the only one.) Some common ones are Red Bull, Monster, Jolt, 5 Hour Energy, Mio Energy, and Vitamin Energy Water. The ingredients are not just caffeine. Also be on the lookout for *Taurine* and *Guarana.* These serve the same purpose as caffeine and are usually added WITH the caffeine! None of them are regulated by the FDA and no dosage is available to the consumer.**

**-If the drink has the name ENERGY in it, or says it will help “keep you awake”…stay away. Some of these small drinks are like drinking 4 cups of coffee all at once. Kids often drink more than one drink.**

**-Side effects (that many school nurses are seeing in school) are: dehydration (these ingredients are diuretics), dizziness, and extremely rapid heart palpitations. Kids drink them on the way into school. One drink company parked outside a high school and gave away free drinks during lunch time. That afternoon, 22 kids went to the hospital.**

**-The advertisers market athletes, who are supposed to keep hydrated, but the drinks actual DE-hydrate the kids.**

**-Other methods of taking the uppers are *energy strips* that look like the Listerine strips you place on your tongue. One equals a 16 oz. cup of coffee, and kids put 3 and 4 on their tongue. There are *caffeine gums and Jolt gum and mints.* Another method is using and inhaler called Aero shot in which one spray equals a 16 oz. cup of coffee. *BLOW* is a white powder made to look like cocaine that you mix with water. *Grind* is a round can of granules that look like chewing tobacco. Kids put it in their cheeks and then drink energy drinks on top of it. GRIND comes in many flavors as it is marketed to young people, just like the flavored Vodkas. Smells great, and is very addictive. Kids build a tolerance and then CRASH.**

**-Redbull and Vodka is a popular drink. The energy part wears off in about a half hour, but by then you are already driving because you thought you were fine. Now you are drunk and driving. Four Loco is similar in that it contains the equivalent of 4 beers in one can. These drinks cause havoc with your heart which is simultaneously trying to speed up and slow down.**

**-Gatorade was made to be a replenishing drink for when you had worked out very hard and needed to replenish what you lost through exercise. Now kids drink it all day and it is FULL of sodium and sugar. Those who drink it a lot have high blood pressure and their teeth are rotting.**

**-We should be drinking half our body weight in *ounces* of water every day. (A 150 pound person should drink 75 oz. of water per day.)**

**-Adderall is widely abused in schools. It is a stimulant. The girls like it because they lose weight and they can focus for tests. It is really a performance enhancing drug for the classroom. Kids’ test scores greatly increase and some people question if this is any more ethical than the athletes who use steroids. The pharmaceutical companies can barely keep up with the demand for Adderall. The kids who are obsessed about getting good grades (winning) are at the highest risk for abusing this drug. Our society needs to look at how much emphasis we place on winning and good grades. Be aware that this starts with the energy drinks. Lately Adderall has moved on from the school and into the workplace as well.**

**SUPPLEMENTS**

**-People make the mistake of seeing the word herbal and thinking it means safe and healthy. All it means is that it came from the ground.**

**-Ephedrine is actually a caffeine supplement. An Oriole baseball player took it to lose weight and died. It was off the market for 60 days, and in that time, the drug companies came up with 3 other similar supplements to take its place. According to law, manufacturers only have to tell us about the caffeine.**

**-HGH, the Human Growth Hormone is now no longer just for those with growth issues. People in Hollywood use it to keep looking good. Athletes use it for the same reason. Doctor’s strongly encourage people not to take this.**

**-Athletes use a lot of protein powders to build muscle, but these mixes contains tons of other additives that are not FDA approved. If you overdo them, you can get very serious stomach problems. Kids today become obsessed with them and don’t eat natural proteins from food because they want to avoid the calories.**

**-Creatine is a supplement that is also for building muscles and endurance. The problem is that our bodies make this naturally. With constant use of the supplement, you not only get stomach issues, but kidney issues as well. The real issues occur when you stop taking the Creatine supplement because by now, your body has totally stopped making its own! Death often occurs.**

**-Anabolic steroids are testosterone and help with building muscle and strength. Athletes have become obsessed and are overdosing on them. Again, the problems are when they are stopped and the physical damage is apparent. These steroids can also cause rage and psychosis. Death often occurs.**

**-St. John’s Wort is very powerful and not regulated. If it was, you would need a prescription.**

**-Nicotine (SNUS) is sold in pouches and flavored to attract the young people. Electronic cigarettes are simply nicotine and flavor.**