



**Greg Arnold, DC, CSCS**  
4165 Blackhawk Plaza Circle, Suite 250  
Danville, CA 94506  
(925) 321-4668 [PitchingDoc@msn.com](mailto:PitchingDoc@msn.com)  
[www.PitchingDoc.com](http://www.PitchingDoc.com)

## The Serious Dangers of Energy Drinks

March 3, 2011

### Caffeine: A Serious Concern with Energy Drinks

Energy drinks are sold in >140 countries and are a \$9 billion/year industry. Now a [new study](#) has raised serious concerns about energy drinks, primarily due to the caffeine content.

- [Research](#) found that just 1 energy drink per day contains enough caffeine considered to be "dangerous" in 70% of children and 40% of teenagers (3 mg of caffeine per kilogram of body weight).
- In adults, 400 mg/day is considered safe, 1,000 mg/day is "toxic", >5,000 mg/day is "lethal".
- The FDA has a limit of 71 mg of caffeine per 12 ounces of soda but [energy drinks can bypass this law because they claim to be "natural dietary supplements"!](#)
- These caffeine levels can produce health problems like headaches, fatigue, [heartbeat irregularities](#), tremors, and anxiety also SERIOUS health problems like stroke, and seizures, and even [death](#).
- In addition to the dangerous levels of caffeine, energy drinks contain many substances that are both unregulated and understudied that have caused drinks like Red Bull to be called "[speed in a can](#)," "[liquid cocaine](#)," and a "[legal drug](#)."

---

### **NOW Foods Articles by Dr. Arnold**

- [Phytosterols Help Cholesterol Health In Those With Metabolic Syndrome](#) - 3.1.11
- [Study Discovers Mechanism Behind Lycopene's Heart Benefits](#) - 2.18.11
- [Berry Antioxidant Intake Linked to Blood Pressure Health](#) - 2.8.11
  - [Study Finds Glucosamine Safe for Diabetics](#) - 2.8.11
  - [Ginseng May Help Brain Health After Stroke](#) - 2.8.11

---

Greg Arnold, DC, CSCS  
Complete Chiropractic Healthcare  
4165 Blackhawk Plaza Circle, Suite 250  
Danville, CA 94506  
Phone: (925) 321-4668  
Fax: (925) 886-4897  
[www.PitchingDoc.com](http://www.PitchingDoc.com)

©Copyright 2011 Complete Chiropractic Healthcare, Inc. All Rights Reserved. This content may be copied in full, with copyright, contact, creation and information intact, without specific permission, when used only in a not-for-profit format. If any other use is desired, permission in writing from Dr. Arnold is required.