

# Energy drinks

## Buzz or buzz kill?

If you use energy drinks to perk up, there's a downside to your health. Frequent use of these beverages can cause health problems.

### Caffeine addiction:

- One energy drink can have as much caffeine as 20 ounces of coffee or four cups of tea.
- Regular use creates a cycle of dependence and withdrawal.

### Unwanted side effects:

- Caffeine causes insomnia, panic attacks, bowel irritability and anxiety.
- Additives are not FDA regulated, so their safety is unknown.

### Weight gain:

- They usually are high in sugar and calories.
- Beverages don't make you feel full, so it's easy to over indulge.

Bottom line? Use energy drinks sparingly. Instead, boost your energy through a well-balanced diet, plenty of exercise and a good night's sleep.



Learn more on the  
Health Balance<sup>sm</sup> pages  
of our Web site

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[www.providence.org/healthplans](http://www.providence.org/healthplans)

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