

ALCOHOL AND ENERGY DRINKS



DON'T MIX

QUICK FACTS ABOUT ENERGY DRINKS

Most energy drinks contain over 100mg of caffeine, which is **equivalent to drinking 3 cans of soda.**

The average amount of calories in an energy drink would take **1 FULL HOUR OF CROSSFIT to burn off.** This isn't even including the calories added by alcohol.

There are a some **questionable ingredients in an energy drink,** including taurine, guarana, and carnitine, which may have miniscule health benefits, but overall have not proven to actually be effective in creating or sustaining energy.

QUICK FACTS ABOUT ALCOHOL

Alcohol is full of “empty calories”, meaning there is **no true nutritional value** and your body is absorbing these calories for nothing. For example, a pint of beer has as many calories as a slice of pepperoni pizza.

Developing a “tolerance” means you may not feel the same effects of alcohol as you continue to use, but your blood alcohol concentration level may remain high and **put you in danger of making regrettable choices**.

In addition to being a depressant, alcohol is a chemical solvent, a local anesthetic and an irritant.

THINGS TO KNOW

When alcoholic beverages are mixed with energy drinks, the caffeine in these drinks can mask the depressant effects of alcohol. **This means you are likely to be more drunk than you think you are.**

Caffeine has no effect on the metabolism of alcohol by the liver and **does not reduce breath alcohol concentrations** or reduce the risk of alcohol-attributable harms.

Drinkers who consume alcohol mixed with energy drinks are **3 times more likely to binge drink** (based on breath alcohol levels) than drinkers who do not report mixing alcohol with energy drinks.

ENERGY DRINKS AND ALCOHOL

Drinkers who consume alcohol mixed with energy drinks are **more likely to be a perpetrator or a victim of sexual assault** because they are not aware of how intoxicated they are and will not be able to give/receive consent.

People tend to believe that they are sober enough to drive a car; in fact, individuals who mix alcohol and energy drinks are **four times more likely to drive a car** than individuals who did not.

Even though a person may feel more coordinated, they are still just as impaired as they would have been without the caffeine in the drink. Unfortunately, the mix of the two drinks makes it **impossible to tell how sober you really are.**