

Rethink your

Energy Drink!

What are energy drinks?

Energy drinks are fizzy drinks which contain high levels of:

- sugar
- caffeine
- stimulants (guarana, taurine, and ginseng)

Energy drinks are not the same as sports drinks and should not be used when playing sport or exercising.

Did you know?

A large can of energy drink can contain 14 cubes of sugar and the same amount of caffeine as two strong coffees.

14 cubes of sugar is double what a young person aged over 11 years should have each day to stay healthy.

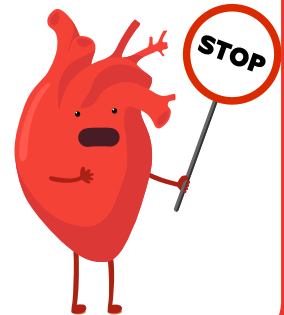
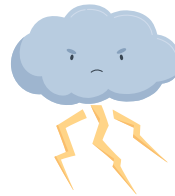


What's the harm?



Energy drinks, including sugar-free types, can cause health problems and side effects including:

- Headaches
- Tummy pains and nausea
- Dizziness and fainting
- High blood pressure
- Increased palpitations and heart rate
- Sleep problems
- Hyperactivity and behavioural problems
- Tooth decay
- Weight gain
- Anxiety



Make a swap!

Swap your energy drink for water to keep your body and teeth healthy. It's also free!