

What's All The Buzz About??

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What is an Energy Drink?

- ✓ A beverage which typically contains an energy source and other substances marketed for the purpose of providing real or perceived enhanced physiological, and/or performance effects



Most Common Ingredients...

- ✓ Ginseng
- ✓ Guarana
- ✓ Taurine
- ✓ Carnitine
- ✓ Sugar
- ✓ Bitter Orange
- ✓ Caffeine



Ginseng



- ✓ *A Chinese herb*
- ✓ Uses: (No scientific evidence to support these claims)
- ✓ Improves physical and mental stamina
- ✓ Enhances athletic performance
- ✓ Anti-viral and anti-oxidant

Guarana



- ✓ *A natural botanical found in Brazilian rain forest*
- ✓ **Uses:**
- ✓ **CNS stimulant—contains 3 times as much caffeine as coffee beans, so increases marketing appeal for manufacturers**
- ✓ **Aphrodisiac**
- ✓ **May 2001—FDA banned guarana in foods**

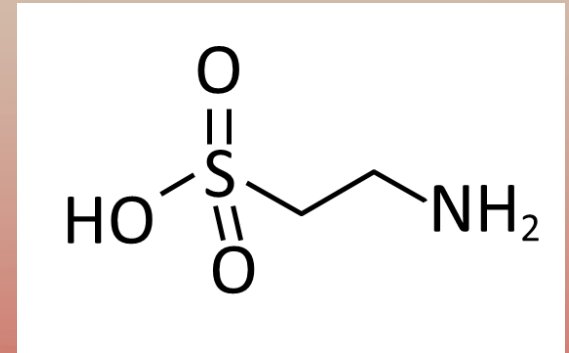
Taurine

- ✓ *An amino acid naturally found in foods*
- ✓ *Uses:*

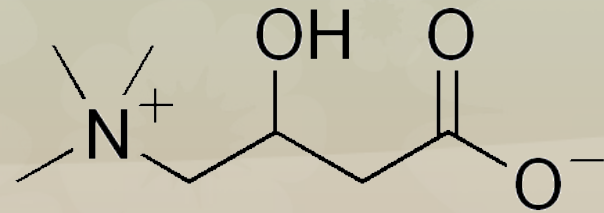
1. Formation of bile salts.

2. Modulator of neuronal excitability

- ✓ Connection between taurine and mental retardation???



Carnitine



- ✓ *An amino acid involved in oxidation of fatty acids*
- ✓ **Uses:**
 1. **End-stage renal failure**
 2. **Dementia**
 3. **Prevention of heart disease**
 4. **ADHD**

Sugar

- ✓ Use: Major source of energy for the brain, muscles, red blood cells and other cells essential for the CNS
- ✓ As much as 35grams in 8oz of ED
- ✓ US guidelines recommend maximum of 32gms per day in 2,000 calorie diet



Bitter Orange

✓ *A botanical*

✓ **Uses:**

1. CNS stimulant

✓ **Little scientific evidence shows Bitter Orange to be beneficial to health**





References

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