By Alfredo Curiel
Hugo High School
Student Reporter

Large doses of guarana, ginseng and glucuronolactone. Wait, what?
Some of us have wondered about the side effects of energy drinks, if you haven’t been informed then now is definitely the time to learn.
Energy drinks like Red Bull, Monster Energy, NOS and many others have large doses of ephedrine, guarana, ginseng, caffeine, taurine and sugar. The average amount of caffeine in an energy drink is 80 mg, which is equal to a cup of coffee. Caffeine, tuarine and glucuronolactone are naturally made in the body. However, the amounts of these ingredients contained in energy drinks are unnaturally high.
These drinks are available to everyone and are especially popular with young adults. They are considered to be very powerful drinks because of the high doses of caffeine found in them. They do give you a jolt of energy as a pick me up when you drink them, but they can be dangerous or ever harmful to your health.
Energy drinks can have certain effects on the body like raising blood pressure, increasing heart-rate, causing a decline in the immune system and can also prevent sleep. In children, they can cause unwanted side effects such as bedwetting. Energy drinks have been known to dehydrate the body when consumed during exercise.
Also, did you know that people have died by mixing energy drinks and alcohol? Since alcohol is a depressant and energy drinks are a stimulant, you don’t know how much alcohol you have in your body until it is too late.