

# Caffeine in Energy Drinks

Energy drinks contain 'energy enhancing' ingredients, such as water-soluble B vitamins, sugars, amino acids and other substances, and caffeine. The caffeine is added as pure caffeine or as guarana, a herbal caffeine source.

As a stimulant, caffeine acts on the brain and nervous system. In small doses, it can make you feel refreshed and focused. In large doses, you are likely to feel anxious and have difficulty sleeping.

At present there are no guidelines for children's intake of caffeine.

Young children can suffer disturbed sleep patterns, bedwetting and anxiety from the caffeine in just one cup of coffee or can of energy drink.

Pre teens should not consume high caffeine drinks and it is highly desirable to discourage their use by people in their early teens.

Pregnant women are also well advised to avoid high-caffeine beverages.

Cans of 'Mother' energy drink do carry such warnings !

Check out the caffeine content of various drinks :

Drink	Caffeine content
Hot chocolate	10 mg/250 ml cup
Tea	20-70 mg / 250 ml cup
Instant coffee (1 teaspoon/cup)	45-80 mg / 250 ml cup
Cola drink	50 mg/375 ml can
Cappuccino	80 mg/250 ml cup
Energy drink (eg V Energy, Mother )	80 mg / 250 ml can 160 mg/500 ml can
Percolated or drip coffee	175 mg / 250 ml cup



The sugar content of these drinks is also an issue – one 500ml can of 'Mother' energy drink contains 13 tsp of sugar, one 250 ml can of V Energy contains 7 tsp of sugar. This sugar, combined with the acid in these drinks can also contribute to dental decay.

These energy drinks, plus other sugar sweetened drinks, are banned from sale in NSW government school canteens.

**The best drinks for young people are water and milk**