

# ENERGIZED OR WIRED?

THE PERFORMANCE INSTITUTE, INC.

## Energy Drinks in Athletics

- If any “energy” is provided from an energy drink, it comes from sugar.
- Red Bull contains 27g sugar—similar to a soda.
- After the initial sugar high, a crash will quickly follow.
- This may prompt drinking more, which can lead to caffeine overload and dehydration.

Energy is provided by calories.

So how can ZERO calorie energy drinks supply energy?

### Energy “Mixed Drinks” – Bad Idea!

- Red Sky, Bullgaritas, Red Bull Wings, Torpedo....
- Subjective perceptions of alcohol intoxication appear to be less intense when mixed with energy drinks.
- HOWEVER, this perception is false, and very dangerous—motor coordination and visual reaction time are significantly impaired.
- YOU may not feel drunk, but your friends can tell that you are.
- You are merely a drunk with a buzz!
- Do not let that buzz tempt you to drink even more.



### Stimulant, NOT Energy Drinks!



- College students have long been known for taking coffee or soda to help them through a late night cram. Now energy drinks provide another option.
- While energy drinks in moderation are not inherently harmful, taken to excess; or in combination with other caffeine loaded foods/drinks, they can detract from performance and may be dangerous.
- Most college students are under-rested due to a lack of uninterrupted sleep. While an energy drink may make you alert enough to get through class, it can also interfere with your ability to sleep. And so begins the cycle of consuming more, and obtaining less sleep.
- Energy drinks are marketed to athletes to help them get through and recover from demanding workouts. There is no proof for this.
- There are reports of some athletes failing drug tests as a result of consuming energy drinks.
- **BOTTOMLINE:** while an occasional energy drink, just like a cup of coffee or a soda is not harmful, it is not performance enhancing.

### Possible Side Effects

- Insomnia
- Headaches
- Nervousness
- Nosebleeds
- Abdominal cramping
- Heart Palpitations
- Elevated blood pressure
- Dehydration



### Caffeine

- Most energy drinks contain caffeine in significant amounts; plus “natural” products that also provide caffeine
- Caffeine in *small* amounts has been known to support endurance performance
- Caffeine is a diuretic, causing dehydration -non-performance enhancing, and can be dangerous when linked to high levels of exertion, particularly in hot climates
- The NCAA considers an athlete to be doping if urinary caffeine is greater than 15ng/ml. This is around 8 cups of coffee, each containing 100mg.
- Caffeine is in many foods and drinks! Do you really know how much you are taking?

### Energy Drinks and Athletic Performance

- Those energy drinks containing carbohydrate (sugar), do so in a higher concentration than is beneficial for athletic performance. They should never be used for a “quick” energy burst before or during activity.
- The proteins and vitamins added to energy drinks do not assist athletic performance.
- The herbs and “other” ingredients either are not added in sufficient quantities to assist performance; or have not been proven to be of any benefit.
- Energy drink ingredients can interfere with medications. Always inform athletic trainers if you are consuming these products.
- The central nervous system stimulation in concert with exertion can be detrimental, even leading to death.



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