

WHAT'S REALLY IN THAT CAN?

Energy drinks contain a mix of stimulants and other ingredients that can impact your heart, sleep, and performance.



COMMON INGREDIENTS IN ENERGY DRINKS



CAFFEINE

100–300 mg per can (stimulates the central nervous system)



TAURINE

Amino acid that may affect heart rhythm and blood pressure



SUGAR

High amounts lead to energy crashes and weight gain



B VITAMINS

Help convert food to energy (but won't make energy without food or rest)



GINSENG, GUARANA, GINKGO BILOBA

Herbal ingredients that may have stimulant effects



ARTIFICIAL COLORS & FLAVORS

No performance benefit

OTHER NAMES FOR STIMULANTS THAT DON'T COUNT TOWARD CAFFEINE ON LABELS

- Guarana
- Yerba Mate
- Green Tea Extract
- Kola Nut
- Cocoa (Theobromine)
- Maté
- Bitter Orange Extract (Synephrine)
- Methylxanthines

These ingredients can add to the stimulant load, even if "caffeine" looks low on the label.

ENERGY DRINK vs. SPORTS DRINK

ENERGY DRINKS

- ✗ High in caffeine & stimulants
- ✗ Raises heart rate & blood pressure
- ✗ May cause jitters, crashes & dehydration
- ✗ Not absorbed as quickly for hydration
- ✗ No electrolytes in meaningful amounts
- ✗ Not designed for performance or recovery

VS.

SPORTS DRINKS

- ✓ Electrolytes replace what you lose
- ✓ Carbohydrates for quick, usable energy
- ✓ Supports hydration and endurance
- ✓ Designed for performance & recovery
- ✓ Helps maintain fluid & electrolyte balance
- ✓ Best choice before, during & after exercise



CAFFEINE: HOW LONG DOES IT LAST?



Caffeine has a half-life of **3–7 HOURS**

This means it takes 3–7 hours for your body to eliminate HALF of the caffeine you consumed.

If you drink a 200 mg energy drink at 6 PM, HALF of that caffeine may still be in your system at **MIDNIGHT OR LATER.**

Poor sleep = poor recovery = poorer performance.



IMPACT ON SLEEP & PERFORMANCE



CAFFEINE CAN MAKE YOUR BRAIN FEEL LESS TIRED



LATE NIGHT CAFFEINE DISRUPTS SLEEP QUALITY & DURATION



POOR SLEEP IMPAIRS FOCUS, MOOD, REACTION TIME & RECOVERY



LOWER PERFORMANCE
HIGHER INJURY RISK
SLOWER IMPROVEMENT

THE TRUTH:

- CAFFEINE IS NOT ENERGY. IT ONLY MASKS FATIGUE.
- ENERGY COMES FROM FOOD.
- RECOVERY COMES FROM SLEEP.
- PERFORMANCE COMES FROM FUELING, HYDRATION, TRAINING & ADAPTATION.

FOCUS ON FOUNDATIONS THE REAL GAME CHANGERS



NUTRITION

Eat balanced meals & don't skip breakfast.



HYDRATION

Drink water throughout the day.



SLEEP

8–10 hours every night.



TRAINING

Train smart, recover hard.



RECOVERY

Rest, stretch, manage stress.



SUPPORT SYSTEM

Talk to parents, coaches & healthcare professionals.

ASK YOURSELF: "WHAT ARE YOU USING THIS FOR?"

That one question might uncover poor sleep, under-fueling, another stimulant, or something more concerning.

HOW MUCH CAFFEINE?

UNDER 12

AVOID

AAP: best choice is avoiding caffeine.

AGES 12–18

MAX 100 mg/DAY

Upper limit — not a daily goal.

HEALTHY ADULTS

UP TO 400 mg/DAY

FDA upper level for most adults.

Maximum levels are safety limits — not caffeine recommendations or performance targets.