

Benefits and Health Risks Associated with Energy Booster Drinks: A Review Study †

Smriti Saini ^{1,*}, Divya Tripathy ¹

¹ Division of Forensic Sciences, School of Basic and Applied Sciences, Galgotias University;

* Correspondence: Smriti.20sbas2010030@galgotiasuniversity.edu.in (S.S.);

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Abstract: There are several energy drinks available in the market, such as Red Bull, Sting, Rebound, Power Up!, Triple X Energy Drink, and so on. Energy drinks started to get popular in the 1990s after the introduction of Red Bull in the market in 1997, and since then, their popularity has constantly been increasing, especially among teenagers and young adults. Most energy drinks are caffeinated non-alcoholic beverages that are claimed to provide an extra boost of energy for daily work, increase alertness, and improve athletic performance and mood. There are even certain shreds of evidence present to substantiate these claims, but the effects of these drinks on mental and physical health cannot be neglected. There are reports of adverse events such as insomnia, anxiety, cardiovascular events, seizures, tachycardia, type-2 diabetes, and even death are associated with the consumption of these drinks. This review will focus on energy drinks, their ingredients, health risks associated with these drinks, and suggest some recommendations regarding changes in marketing, providing education to children regarding adverse effects of these drinks, and further research should be carried out in this domain.

Keywords: caffeinated; non-alcoholic beverages; athletic performance; insomnia; anxiety; cardiovascular events; tachycardia.

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Conflicts of Interest

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