



## Caffeinated Energy Drinks: Safety and Consumption

### Rationale:

Schools should take the initiative in addressing the issue of caffeinated energy drinks (CED's) with student athletes and the general student population alike, and in educating them about the effects and risks. The main ingredients of CED's, such as Red Bull, Monster and V are: caffeine, taurine, glucuronolactone, B vitamins, guarana, ginseng, ginkgo biloba, L-carnitine, sugars, antioxidants, and trace minerals. The negative effects of excess caffeine have been proven, but the positive effects of many of the other additives, such as taurine and glucuronolactone, remain unproven, as does the combined effect of these ingredients in CED's.

Scientific investigation highlights that the ingestion of CED's before a sporting event or during training can have serious adverse effects, including restlessness and irritability; increased blood pressure; and, dehydration. Accordingly, the same side effects are identified in people who ingest CED's as a general source of hydration or for pleasure. The long-term effects of CED's on the human body have not been established. Limited ingestion of CED's by healthy people is not likely to cause major adverse effects, but binge consumption or consumption with alcohol may lead to adverse events. Individuals with medical illnesses, especially underlying heart disease, should check with their physician before using CED's, because they may exacerbate their condition.

### Implementation:

Considering the side effects associated with the consumption of CED's, coupled with the fact that the College cannot monitor students' consumption of CED's outside of school hours, the College will:

- Not permit the consumption of CED's by students on the College grounds or during College events, excursions or camps.
- Confiscate energy drinks from students if they bring them onto the College grounds.
- Not sell energy drinks through the College canteen.

### References:

Report Commissioned by the Federal Government Department of Health – June 2011 – *'Evidence review on the effects of caffeinated energy drinks'*

<http://prod-zesth-zesthealthstratscms.s3-ap-southeast-2.amazonaws.com/806f00a4-4622-49f4-b28d-031e4d06e454/CEDs%20review%20-%20FINAL%20report%20-%20Sep11.pdf>

### Evaluation:

This policy will be reviewed as part of the school's three-year review cycle.

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