

## ANDERSON UPPER CERVICAL

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### Facts About Energy Drinks



- One Monster drink equals the caffeine in four Cokes
  - Contains double the recommended daily limit of niacin
    - Excess of B3 (niacin) is known to cause issues like skin conditions, gastrointestinal problems, liver toxicity, blurred vision & nerve damage
- Since they are considered a Dietary Supplement, the FDA does NOT regulate its ingredients.
- Too many energy drinks can lead to severe headaches from the caffeine withdrawal symptoms.
- Since 2004, 34 deaths have been linked to energy drinks with half occurring since 2012.
  - 22 of those have been linked to 5 Hour Energy drinks

### Potential Side effects:

- |                   |                      |
|-------------------|----------------------|
| ✓ Cardiac Arrest  | ✓ Insomnia           |
| ✓ Headaches       | ✓ Nervousness        |
| ✓ Type 2 Diabetes | ✓ Allergic Reactions |

### \*Energy Boosting Alternatives\*

- Organic Orange Juice
- Increase lean protein consumption (Turkey, chicken, etc.)
- Consistent 7 – 8 hours of sleep each night with a 20 minute rest during the day
- Drink filtered water
- Exercise regularly, especially early in the day

*\*Get checked for nerve interference at the  
brainstem\**