



ADR Tip of the Month

Safe use of energy drinks

Energy drinks are meant to supply mental and physical stimulation for a short period of time. They usually contain caffeine, but other substances can also be found, such as:

- carbohydrate
- taurine
- glucuronolactone
- various vitamins.

If these drinks are used in a manner contraindicated on the label, in excess of the recommended dose or mixed with alcohol, serious health effects can result.

Health Canada has received four reports of adverse reactions involving energy drinks, including:

- nausea, vomiting and abdominal pain
- dizziness and hypotension
- tremor and decreased consciousness
- electrolyte disturbances
- dyspnea and arrhythmias.

*Please report all serious
adverse drug reactions (ADRs).*