

**Energy-Drink Mania**

Sales of high-caffeine "energy drinks" like Red Bull are soaring. Why are the beverages so popular?

- ★ Slightly less expensive than crystal meth
- ★ Just like Mountain Dew but healthy because of some Chinese thing called gualooga or something
- ★ Give users strength of 10 lumberjacks who have also consumed energy drinks
- ★ Easier to open than a battery
- ★ Tired of getting energy in pill or powder form
- ★ Vaguely recall reading something about taurine in June issue of Men's Health
- ★ Want to get in on trend before negative side effects discovered
- ★ Temporarily endows drinker with sense of drive and purpose
- ★ Tiny little cans make drinkers feel like giants among men
- ★ Combines secrets of Eastern medicine and Western marketing



## Are Energy Drinks Good or Bad?

In truth, energy drinks such as Red Bull and 180 are not all they're cracked up to be. Although they claim to give you an all-day boost of energy, these beverages really just end up decreasing your health in the long run. However, somehow they've made their way into almost every bar, dance club and grocery store throughout the country.

Most energy drinks contain the following: vitamins, amino acids, a lot of sugar and caffeine (about the same as a strong cup of coffee). Although amino acids are beneficial, the high amount of sugar causes your blood sugar to rise artificially fast and then eventually make you crash. And the caffeine causes your heart rate to increase, the heart beating to fast and sometimes skipping beats.

In the end, it just isn't worth it to trade in your health for false advertising.

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