

Energy Drinks Are Not Safe Think Before You Drink

TAKE A CLOSER LOOK AT WHAT'S IN THE CAN...



Just because it's natural doesn't mean it's healthy.

Think twice about drinking something that comes with warnings.

- Try these natural energy boosters:
- Drink water, milk or 100% juice
 - Eat balanced meals and snacks
 - Be physically active every day
 - Get enough sleep



224 Calories
= a slice of pizza



174 mg Caffeine
= 3 small coffees



14 tsp Sugar
= 1 ½ cans of pop



250 mg Sodium
= 25 chips



Herbal Supplements
Guarana, Taurine, Glucoronolactone, Ginseng, Ginko Biloba

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