

# Energy drinks are not safe

Take a closer look...

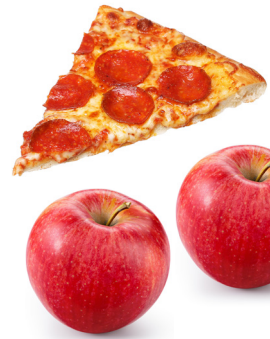
Contains:



Just because it is natural it does not mean it is healthy

Think twice about drinking something that comes with a warning

- Try these natural energy boosters instead:
- Drink water, white milk or unsweetened soy milk
  - Eat balanced meals and snacks
  - Be physically active every day



**224 calories**  
= a slice of pizza or 2 large apples!



**174 mg caffeine**  
= two 8oz coffees



**14 tsp sugar**  
= 1.5 cans of pop



**250mg sodium**  
= 25 potato chips

**May Contain Herbal Supplements**  
(not proven to be safe or effective)



- guarana
- taurine
- glucuronolactone
- ginseng
- ginko biloba

Think before you drink.

