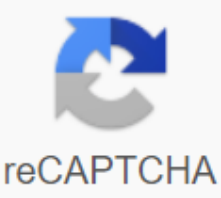




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## Monster energy drinks nutrition information

Nutrition & Health info sheets contain up-to-date information on nutrition, health and nutrition. They come in two different sizes for consumers and professional users. These resources are produced by Dr Rachel Scherr and her research staff. Produced by Lyndsey Ruiz, BS, Melanie Gerdes, BS, Ashley Theide, BS, Taylor Berggren, MS, Anna Jones, PhD, Rachel E. Scherr, PhD, Sheri Zidenberg-Cherr, PhD, Center for Nutrition in Schools, Department of Nutrition, University of California, Davis, 2018. What are energy drinks? The term energy drinks refers to non-alcoholic beverages that claim to improve athletic performance, concentration, reaction time and increase basal metabolism by adding ingredients such as caffeine, taurine, glucuronolactone, B vitamins and herbal supplements such as ginseng and guarana (1). Energy drinks can be categorized into beverages or liquid dietary supplements, depending on the choice of manufacturer. Are there any indications that energy drinks increase energy? Caffeine consumption has been shown to improve alertness and mood, act as a ergogenic aid, or against symptoms of sleep loss (2). However, the body of the scientific literature is limited and it is not known whether ergogenic improvements in consuming energy drinks are due only to caffeine, or are also due to other herbal ingredients, or due to the combination of the ingredients found in a drink (1). Some evidence shows that energy drinks can improve mental alertness, reaction times and concentration (3). How does the caffeine content of energy drinks compare to other beverages that contain caffeine? The caffeine content of a single serving of energy drinks can range from 50 to 200 mg; however, many cans contain multiple servings, thereby increasing caffeine intake significantly as consumed as a serving (4). In addition, only manufacturers that are part of the American Beverage Association are required to report caffeine content (5). By comparison, the caffeine content, per serving, of regular drip or percolated coffee, tea and cola drinks varies between 95 - 165 mg, 5-48 mg and 24-46 mg (6) respectively. The nutrition facts label may lack important information about the concentration of caffeine in the drink. Can the consumption of energy drinks have adverse effects? Consumption of up to 400 mg of caffeine per day by healthy adults is not associated with adverse effects (7). Side effects associated with caffeine consumption in amounts of 400 mg or more include nervousness, irritability, insomnia, increased urination, abnormal heart rhythms (arrhythmia), decreased bone levels, and upset stomach (8). Caution is advised for healthy adults who choose to consume energy drinks. Consumption of a single energy drink should not lead to excessive caffeine intake, but the consumption of multiple beverages in a single day could, it may, caffeine content. Other stimulants such as guarana and ginseng are often added to energy drinks and can improve the effects of caffeine. Guarana, for example, contains caffeine (1 g guarana equals ~40 mg of caffeine) (9) and can significantly increase the effect of an energy drink. In addition, it should be noted that energy drinks often contain added sugar. According to the dietary guidelines 2015-2020 for Americans, added sugar should be limited in the normal daily diet (7). There are groups that are at higher risk of negative health effects from caffeine consumption. This group includes women of reproductive age, pregnant and nursing women, and children. Pregnant women are recommended to consume less than 200 mg per day of caffeine (10). Breast-feeding women should avoid caffeine, as it can be found in breast milk at about 50% of the amount found in the mother's serum, and should therefore be avoided (11). The position of the American Academy of Pediatrics is for children to avoid stimulants, including caffeinated beverages (5). What is the caffeine and sugar content of energy drinks? Caffeine and Sugar Content of Energy Drinks (12) Drink Serving (fl. oz.) Servings per container of Kcal per serving Sugar per serving (g)\* Caffeine per serving (mg) Rock Star™ 8 2 130 30 80 Monster Energy™ 8 1 101 27 86 Red Bull Sugar Free™ 8 4 1 5 0 80 Monster Zero Ultra™ 16 2 0 0 0 70 NOS™ 8 2 110 26 80 Java Monster™ 8 2 50 5 100 Monster Rehab™ 8 2 10 2 83 Monster Energy Lo-Carb™ 8 2 10 3 70 Red Bull Energy Drink™ 8 4 1 110 27 80 5 Hour Energy™ 1.93 1 4 0 200 Redline Xtreme™ 4 2 0 0 158 \*Sugar content collected from Nutrition Facts Labels in the store. Note: This table does not contain any amounts of other stimulants found in energy drinks that can improve the effects of caffeine. Many products are available in multiple sizes and may contain more portions than stated in this table. There are many unusual ingredients in energy drinks. What do they claim to do? Carnitine found in: Monster Energy™, Rock Star™, Monster Energy Zero™, Java Monster™, Monster Energy Lo-Carb™, Monster Rehab™ Unsubstantiated Claims: Improves Endurance (13); increases fat metabolism (14); protects against cardiovascular disease (15) Glucuronolactone Found in: 5 Hour Energy™, Monster Energy™, Monster Energy Zero™, Java Monster™, Monster Energy Lo-Carb™, Monster Rehab™ Unsubstatedanti Claims: Promotes Excretion of Toxins and Protects Against Cancer (5) Guarana Found in: Nos™, Monster Energy™, Rock Star™, Monster Energy Zero™, Java Monster™, Monster Energy Lo-Carb™, Monster Rehab™ Unsubstantiated Claims: Increases Energy, Improves Physical Performance , and promotes weight loss (16) Inositol found in : Sample Rock Star™, Monster Energy Zero™, Java Monster™, Monster Energy Lo-Carb™, Monster Rehab™ Rehab™ Claims: Reduces triglyceride and cholesterol levels, lowering the risk of heart disease (17) Panax Ginseng Found In: Monster Energy™, Rock Star™, Monster Energy Zero™, Java Monster™, Monster Energy Lo-Carb™, Monster Rehab™ Unsubstantiated Claims: Accelerates Disease Recovery; improves mental, physical and sexual performance; controls blood glucose, and lowers blood pressure (18) Taurine Found in: Red Bull™, Red Bull Total Zero™, Red Bull Sugar Free™, Nos™, 5 Hours Energy™, Monster Energy™, Rock Star™, Monster Energy Zero™, Java Monster™, Monster Energy Lo-Carb™, Monster Rehab™ Unsubstantiated Claims: Lowers Risk of Diabetes (19), Epilepsy (19), and High Blood Pressure (20) Is There Scientific Evidence To Support These Claims? Carnitine: There is no clinical evidence that carnitine use is effective for increased endurance (13) or weight loss (14), and the relationship with heart disease risk is controversial (21) Glucuronolactone: Scientific evidence does not support claims regarding the efficacy of glucuronolactone (22) Guarana: An important component of guarana is caffeine (16). Caffeine consumption is associated with increased energy, improving physical performance, and suppressed appetite. Inositol: Scientific evidence does not support claims about the efficacy of inositol (17). Panax Ginseng: Scientific evidence does not support claims regarding the efficacy of panax ginseng (18). Taurine: Clinical evidence is insufficient to show that taurine is effective in the treatment of diabetes or epilepsy (20). Is the consumption of these ingredients safe? Carnitine: There is insufficient data to determine the safety of the use of carnitine (14). Glucuronolactone: There is insufficient data to determine the safety of glucuronolactone use at concentrations in energy drinks (22). Guarana: This substance is generally considered safe (GRAS) for addition to cola beverages by the Food and Drug Administration Center for Food Safety and Applied Nutrition (FDA CFSAN) (23). Inositol: Inositol is generally considered safe (GRAS) for food addition by the Food and Drug Administration (23). Panax Ginseng: There is insufficient data to determine the safety of panax ginseng use (18). Taurine: Taurine is GRAS for use in improved water drinks at 45 ppm (23). Should energy drinks be consumed before or during exercise? Although caffeine is widely accepted as an effective and safe ergogenic tool, the safety of consuming caffeine in combination with other herbal supplements found in energy drinks before or during exercise has yet to be established (24). Until the of this practice can be established, the consumption of energy drinks prior to exercise by persons of any age is not recommended. Is it safe to mix energy drinks with alcohol? A study examining the effects of energy drink combined with alcohol reported that, despite not feeling drunk, participants performed just as poorly on objective measures of motor coordination and reaction time as they did after using alcohol alone (25). In short, an individual may unknowingly overlook the debilitating effects of intoxication because of the sense of alertness produced by the energy drink. For these reasons, it is not recommended to consume energy drinks in combination with alcohol. Download PDF References: Burrows T, Pursey K, Neve M, Stanwell P. What are the health effects of energy drink consumption? A systematic review. Nutrition reviews. 2013;71(3):135-148. doi:10.1111/nure.12005. McLellan TM, Caldwell JA, Lieberman HR.. 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