

DANGERS OF ENERGY DRINKS IN CHILDREN

A NECESSARY REMINDER FOR PARENTS

CAFFEINE ON DEVELOPING MINDS

There is never a good reason for children to consume energy drinks. They contain a considerable amount of caffeine which is stimulant that is responsible for blocking the brain chemical responsible for sleeping. Studies show adverse effects of caffeine on the developing mind of a young person. Rest and a healthy lifestyle is critical for everyone, but even more for developing brains.



RISKS AND SIDE EFFECTS OF CAFFEINE

- Increased heart rate
- High blood pressure
- Fainting
- Dehydration
- Irritability, restlessness
- Heart palpitations
- Insomnia
- Rapid breathing
- Addiction
- Sudden death

GOOD DIET



REST



MAKE HEALTHY CHOICES

While energy drinks may offer a quick boost, they pose a dangerous risk to your child's health. Avoid resorting to energy drinks and find healthier ways to accomplish your daily goals.

CAFFEINE IS A DRUG AND IS NOT RECOMMENDED FOR CHILDREN!