

THE RISK OF MIXING

UNDERSTANDING THE RISK OF MIXING
ENERGY DRINKS AND ALCOHOL

ALCOHOL IS A
DEPRESSANT



ENERGY DRINKS
ARE STIMULANTS

THE NEGATIVE CONSEQUENCES OF MIXING



SIDE EFFECTS:

1. Dehydration
2. Respiratory Depression
3. Caffeine Overdose

THE CAFFEINE IN THE ENERGY DRINKS **MASKS THE EFFECTS OF ALCOHOL** UNTIL THE ENERGY DRINK WEARS OFF.

TEENS WHO MIX ARE:

2x

More likely to ride with an intoxicated driver

3x

More likely to engage in binge drinking

2x

More likely to engage in risky sexual behaviors