

Energy Drink Guide

Health Affects

Heart complications
Anxiety
Dehydration
High blood pressure
Sleep difficulty

Risks for NCAA Athletes

Upper levels of caffeine can show up on a urinalysis test.
More than 400mg is not allowed for NCAA athletes.

Energy drinks are beverages designed to boost energy and alertness, primarily containing caffeine, sugar, B-vitamins, and sometimes herbal extracts. While they can temporarily enhance performance, excessive consumption may cause side effects like heart palpitations and anxiety.



Celcius
Monster
Reign
AlaniNu

Popular
Brands

C4 Energy Drinks
RedBull Energy Drinks
Gatorade Fast Twitch
Zoa

Which ones are allowed by the NCAA?