

## **Study Shows Hidden Danger from Consuming Energy Drinks**

A study by the American Heart Association found that healthy participants who drank two energy drinks daily experienced blood pressure and heart rate increases.

For healthy adults this may not be a problem. But, for those with heart disease, or if too much is consumed, it could be dangerous. According to James Kalus, who led the study, "Individuals with high blood pressure and heart disease should be advised to avoid these drinks."

Most consumers don't realize that the "boost" they're getting is from the high levels of caffeine and sugar these drinks contain. For instance, a 8.3-ounce popular energy drink has 280 milligrams of caffeine.

Moderate doses of caffeine, 200 to 300 mg, or about two to three cups of coffee a day, aren't dangerous for healthy adults. But, more than 500 to 600 mg a day, or about four to seven cups, can cause anxiety, irritability, sleeplessness, headaches, gastrointestinal problems, and abnormal heart rhythms.

When combined with other stimulants, particularly alcohol, energy drinks, can be far more dangerous.

To get more energy, a healthy diet, physical activity, and a good night's sleep can make a big difference. Another natural approach is to add an adaptogen to the diet. An adaptogen provides a natural energy boost and decreases stress without dangerous side effects.

One such adaptogen is Sun Eleuthero, considered one of nature's most powerful adaptogens. Sun Eleuthero helps relieve the constant strain on your adrenal glands, which are responsible for the production of cortisone and adrenaline — two natural adaptogens that can help you when you are tired, anxious, or under great physical or mental stress.

Sun Chlorella USA ([www.sunchlorellausa.com](http://www.sunchlorellausa.com)) is a distributor of Sun Eleuthero, a natural adaptogen. Other products include Sun Chlorella "A", Pet Sun Chlorella, Wakasa Gold, Wakasa Honey, Sunergize, and Sun Chlorella Cream.

### References:

Energy Drinks May Pose Risks For People With High Blood Pressure, Heart Disease, Science Daily, <http://www.sciencedaily.com/releases/2007/11/071106092009.htm>

Caffeine: How much is too much, MayoClinic.com, <http://www.mayoclinic.com/health/caffeine/NU00600>

What's the buzz about energy drinks, By Kathleen M. Zelman, MPH, WebMD, <http://www.webmd.com/diet/guide/whats-the-buzz-about-energy-drinks>