



HPS
Health Promotion Services
UC SAN DIEGO

Alcohol + Energy Drinks = Trouble

The top five reasons why mixing alcohol with energy drinks is a really bad idea:

1. Mixing alcohol and energy drinks can increase the risk of alcohol poisoning. Since caffeine makes people feel "less drunk" than they really are, they tend to drink more than they should.
2. Mixing alcohol and caffeine can make your heart rate and blood pressure rise.
3. Caffeine can make you feel energetic even if you're drunk. Why is this dangerous? Because people can be "tricked" into thinking they are alert enough to do things like drive a car, when they really aren't.
4. Caffeine and alcohol are both diuretics, leading to dehydration (and really bad hangovers).
5. Adding caffeine to alcohol can make drinking alcohol all the more addictive.

To speak with a Health Educator, call (858) 534-3874.