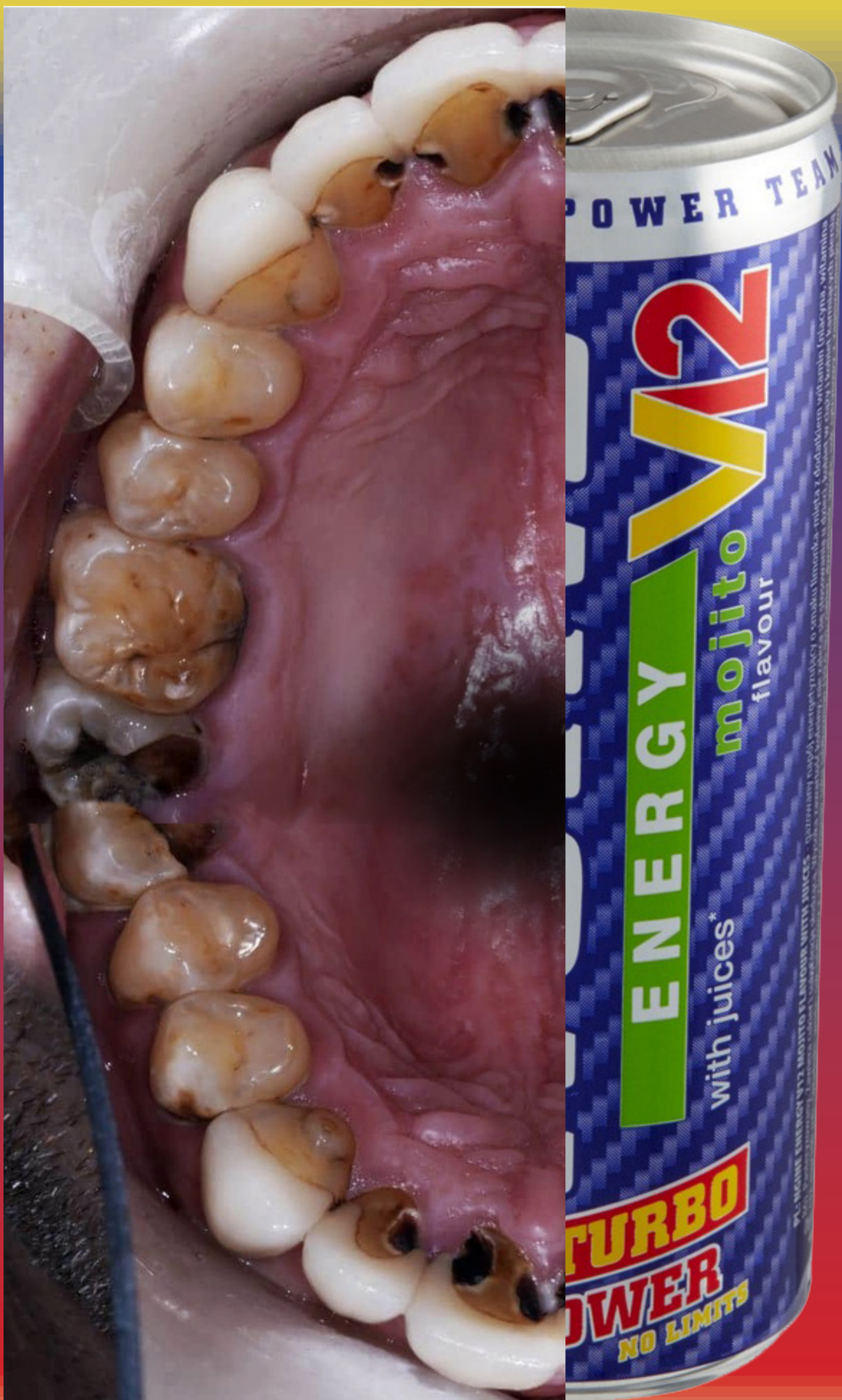


Positive Connections with **OUR BODY**

# THINK BEFORE AN ENERGY DRINK!



ENERGY DRINKS CONTAIN HIGH LEVELS OF CAFFEINE AND SUGAR (IN NON-DIET VARIETIES), WHICH CAN LEAD TO HEALTH PROBLEMS INCLUDING:

- TOOTH DECAY
- ANXIETY- PANIC ATTACKS, FEELING YOUR HEART POUNDING OR HAVING AN IRREGULAR HEARTBEAT
- HEADACHES AND LACK OF CONCENTRATION
- INCREASE IN WEIGHT
- VERY OCCASIONALLY, DEATH. THIS HAS HAPPENED TO YOUNG PEOPLE WITH HEART CONDITIONS, SOME OF WHICH CAN BE UNDETECTED AND THOSE WHO HAVE HAD TOO MUCH CAFFEINE

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