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Special Release

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HEALTH ADVISORY 6 TO THE UNIVERSITY COMMUNITY ON ENERGY DRINKS (EDs)

The attention of members of the University community is hereby drawn to the following about Energy Drinks (EDs) based on the observed increasing rate of its consumption among us:

- (1) Energy drinks (EDs) are emerging as a public health threat because they are increasingly consumed by youth (and many adults) internationally.
- (2) EDs contain high level of caffeine, sugar, and novel ingredients such as taurine, sucrose, B-vitamin, ginseng, herbal supplement, etc.
- (3) The consumption of EDs among adolescents is linked with increased risk of substance use, binge drinking, aggression, violence, as well as self-destructive behavior, hyperactivity and inattention symptoms. Other negative impact of EDs on health include adverse cardiovascular effects, headaches, epileptic seizures, ischaemic stroke, hallucinations, muscular twitching, restlessness, sleeplessness, anxiety, depression, gastrointestinal effect, renal effect, obesity and type2 diabetes, cancer and caffeine toxicity.

In conclusion, although EDs improve memory, concentration, reaction time, and reduce mental fatigue, these pros of EDs are outweighed by their cons. We all are therefore hereby advised to stay off EDs.

Thank you.

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Registrar and Secretary to Council