



# ***HOT Sheet***

## **Alcohol Energy Drinks**

- Can have up to 12 percent alcohol content
- One 23.5 ounce can be equivalent to drinking 4.7 beers, glasses of wine or shots of liquor
- Nicknames – “liquid cocaine” or “black out in a can”
- **Overrides the body’s protective reflexes**
- Fruitful, colorful = dangerous
- The caffeine keeps people awake – allowing ingestion of more alcohol
- Equates higher BAC (blood alcohol content)
- Caffeine can cause heart palpitations and other health problems
- Reports indicate that these fruity-energy-drinks are being improperly marketed to underage drinkers. \*
  - \* <http://newyork.cbslocal.com/2010/10/15/ramapo-college-bans-alcoholic-energy-drink/>
- This is in Blair County!
- Some of the brand names include: Four Loko and Joose