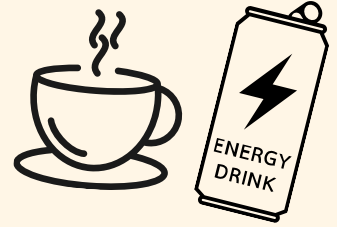




Alcohol + Caffeine

THE RISKS OF MIXING



Alcohol Mixed with an Energy Drink (AmED)

- Can cause a person to become more impaired than they realize.
 - **Increases the risk** of alcohol related injuries.
(Centers for Disease Control and Prevention/ CDC.gov)
- Caffeine **does not** “sober you up” - it does not reduce your BAC.
(Centers for Disease Control and Prevention/ CDC.gov)
- Increases the rates of:
 - **Alcohol poisoning**
 - **Partaking in drunk driving**
 - **Binge drinking**
 - **Need for medical treatment**
(Cecile & Fillmore, 2014)
- Studies have shown that users that mix alcohol and caffeine were **more likely to develop an alcohol dependence.**
(Arria et al., 2011)



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Scan for More Info

References

<https://www.cdc.gov/alcohol/fact-sheets/caffeine-and-alcohol.htm>

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