

# Future Substance Abuse Linked To Starting with Consuming Energy Drinks

**Med Expo**— A new study says that young, college-aged adults who regularly consumed energy drinks were at a higher risk of abusing other substances later in life. Researchers at the University of Maryland found that 21-year-olds who drank highly-caffeinated energy beverages had an increased chance of abusing alcohol or other non-prescribed stimulants by age 25.



The study followed [nearly 1,100 college students](#) over a five-year period and tracked their continued use of energy drinks. Over half of the students were found to have kept up their high energy drink usage over the course of the study. That group’s “persistent trajectory” reportedly lined up with those typically at risk for abusing cocaine or suffering from an alcohol use disorder, according to [the findings](#).

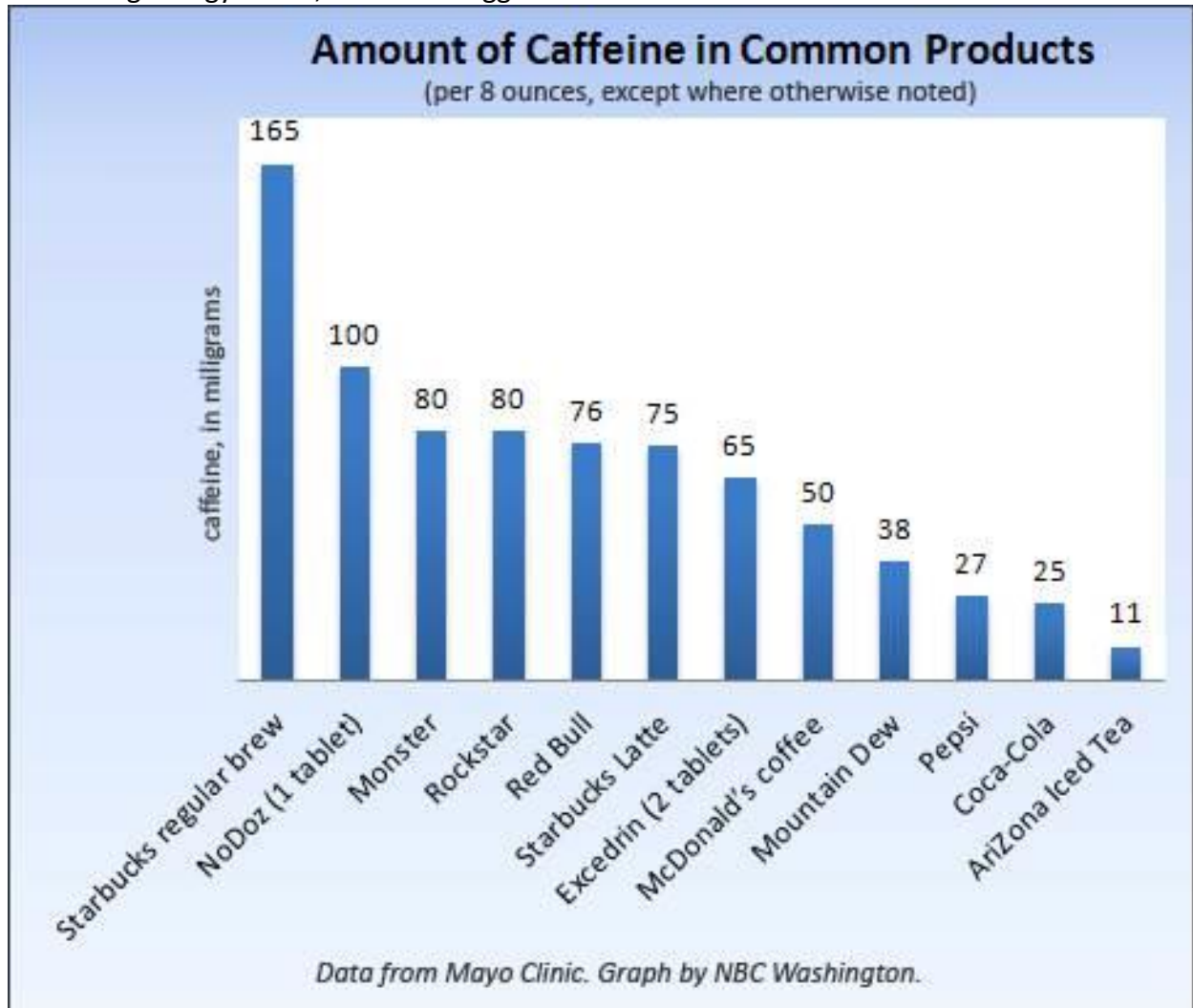
Lead researcher Dr. Amelia Arria says the study gives scientists greater proof energy drinks could be a gateway drug.

“Because of the longitudinal design of this study, and the fact that we were able to take into account other factors that would be related to risk for substance use, this study provides

evidence of a specific contribution of energy drink consumption to subsequent substance use,” Dr. Arria added.

The researchers suggest more studies need to be done on teens and children to see if the addictive pattern is the same.

“Future studies should focus on younger people, because we know that they too are regularly consuming energy drinks,” Dr. Arria suggests.





# WHAT HAPPENS 24 HOURS AFTER DRINKING AN ENERGY DRINK

We look at what happens to your body after drinking an energy drink, from the moment it hits your lips to the buzz to the withdrawal symptoms.

**80mg**  
of caffeine  
(per 250ml can)

**50bn**  
cans of Redbull sold

**27.5g**  
of sugar  
(per 250ml can)



## 1. 10 MINUTES

Once you consume an energy drink it takes around 10 minutes for the caffeine to enter your bloodstream. Your heart rate & blood pressure start to rise.

## 2. 15-45 MINUTES

The time your caffeine level peaks in your bloodstream. You'll feel more alert as the stimulant starts to affect you, improving not only concentration but how alert you are.

## 3. 30-50 MINUTES

All of the caffeine is fully absorbed, your liver also responds by absorbing more sugar into the bloodstream.

## 4. 1 HOUR

Your body starts to experience a sugar crash as well as the effects of the caffeine dying down, you'll start to feel tired and energy levels will start to feel low.



## 5-6 HOURS

This is the half life of caffeine, meaning it takes 5-6 hours for your body to reduce the content of caffeine in your bloodstream by 50%. Women on birth control tablets require double the length for their body to reduce it.

## 12 HOURS

The time that it takes most people to fully remove caffeine from their bloodstream. The speed at which this happens does depend on many factors from age to activity.

## 12-24 HOURS

As caffeine is a drug those that regularly drink items with it can feel withdrawal symptoms 12-24 hours after the last dose, these often include headaches, irritability and constipation

## 7-12 DAYS

Studies have shown this to be the time frame for your body to become tolerant to your regular caffeine dosage. Meaning you'll get used to it and so won't feel the effects as much.

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