



# 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. 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.

## 6. 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.

## 7. 12-24 HOURS

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

## 8. 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.

## SO IS IT GOOD OR BAD TO DRINK ENERGY DRINKS?



Often high in sugar and calories there are other ingredients which can have bad effects on you, these include caffeine, a stimulant drug, which can cause anxiety, stomach upsets, dehydration and increased heart rate.



Although high in caffeine, energy drinks like Redbull are well within the guideline maximum 400 milligrams with a typical 250ml can containing 80 milligrams.



In America, admissions to emergency departments which were energy drink related doubled from 2007-2014 according to the Substance Abuse and Mental Health Services Administration's Dawn Report.



Energy drink companies often compare their drinks to coffee with many options at coffee shops being higher in caffeine, such as a Starbucks Venti Caffe Americano which contains 300 mg of caffeine.

*As with most things in life, energy drinks are fine in moderation and as part of a balanced diet*