

# BAN THE CAN!

YOU THINK IT'S  
ENERGETIC



BUT REALLY  
IT'S JUST  
PATHETIC

## THE FACTS

Known side effects include:


**HYPERACTIVITY, LACK OF CONCENTRATION, TIREDNESS, NAUSEA, BEHAVIOURAL CHANGES, INSOMNIA, ADDICTION, SEIZURES, STROKES, HEART ATTACK, and SUDDEN DEATH**




Energy drinks are particularly risky for children with existing heart, behavioural and diabetes problems, which may be undiagnosed



The average can of energy drink can contain up to 11 spoonfuls of sugar



Energy drinks have been linked to several deaths of young people in the UK



3 in 5 teenagers have energy drinks during sport, even though this is not recommended and not necessary