

When having a Red Bull on an empty stomach, it sometimes seems like the Energy Surge kicks in much more noticeably than otherwise. Is there any validity in this, or is it something else entirely? Does drinking Red Bull on an empty stomach have any effects, good or bad? This thread is archived New comments cannot be posted and votes cannot be cast



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## Health Effects of Energy Drinks on Children, Adolescents, and Young Adults

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**KEY WORDS**

energy drink, caffeine, taurine, children, adolescents, overdose

**ABBREVIATIONS**

FDA—Food and Drug Administration

ADHD—attention-deficit/hyperactivity disorder

www.pediatrics.org/cgi/doi/10.1542/peds.2009-3592

doi:10.1542/peds.2009-3592

Accepted for publication Dec 3, 2010

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PEDIATRICS (ISSN Numbers: Print, 0031-4005; Online, 1098-4275).

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**FINANCIAL DISCLOSURE:** The authors have indicated they have no financial relationships relevant to this article to disclose.

Funded by the National Institutes of Health (NIH).

### abstract



**OBJECTIVE:** To review the effects, adverse consequences, and extent of energy drink consumption among children, adolescents, and young adults.

**METHODS:** We searched PubMed and Google using “energy drink,” “sports drink,” “guarana,” “caffeine,” “taurine,” “ADHD,” “diabetes,” “children,” “adolescents,” “insulin,” “eating disorders,” and “poison control center” to identify articles related to energy drinks. Manufacturer Web sites were reviewed for product information.

**RESULTS:** According to self-report surveys, energy drinks are consumed by 30% to 50% of adolescents and young adults. Frequently containing high and unregulated amounts of caffeine, these drinks have been reported in association with serious adverse effects, especially in children, adolescents, and young adults with seizures, diabetes, cardiac abnormalities, or mood and behavioral disorders or those who take certain medications. Of the 5448 US caffeine overdoses reported in 2007, 46% occurred in those younger than 19 years. Several countries and states have debated or restricted energy drink sales and advertising.

**CONCLUSIONS:** Energy drinks have no therapeutic benefit, and many ingredients are understudied and not regulated. The known and unknown pharmacology of agents included in such drinks, combined with reports of toxicity, raises concern for potentially serious adverse effects in association with energy drink use. In the short-term, pediatricians need to be aware of the possible effects of energy drinks in vulnerable populations and screen for consumption to educate families. Long-term research should aim to understand the effects in at-risk populations. Toxicity surveillance should be improved, and regulations of energy drink sales and consumption should be based on appropriate research. *Pediatrics* 2011;127:511–528

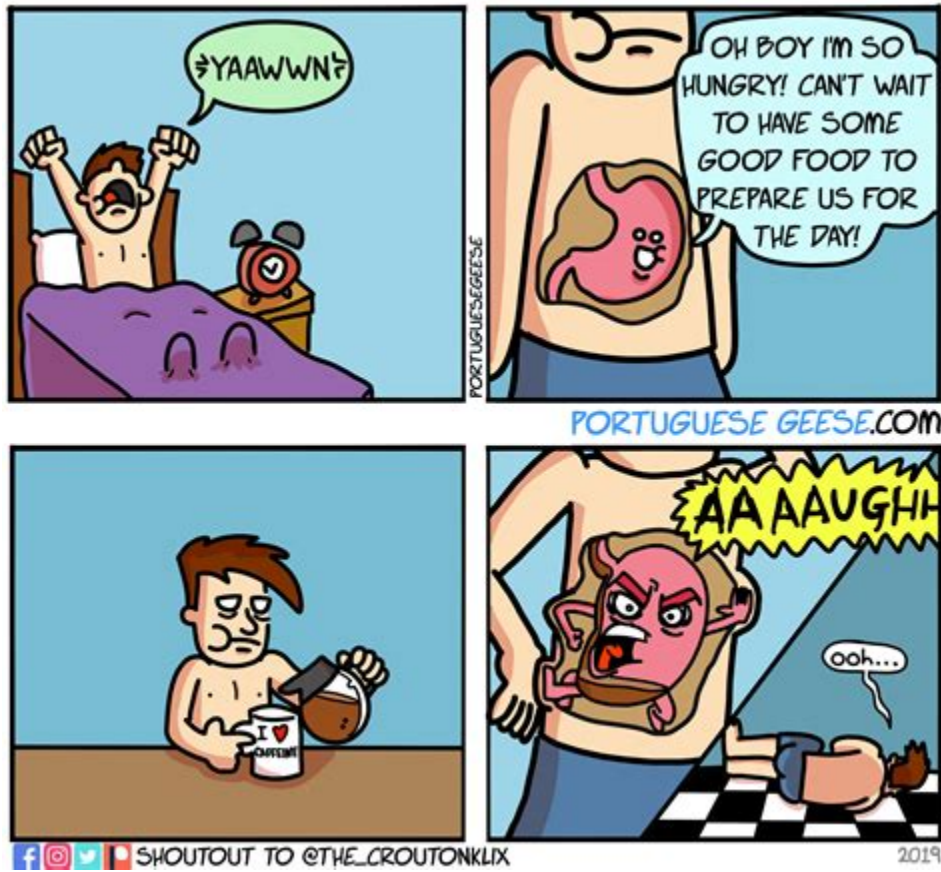
Methods: Male Wistar rats were categorized into four groups and given different treatments via oral administration. The Control (C) group received tap water, the Red Bull (RB) group received 1.5 ml/100 g body weight of Red Bull, the ethanol group (E) received 0.486 ml/100 g body weight of ethanol, and the Red Bull and ethanol (RBE) received a combination of the two beverages for 30 days.

## Can You Drink Energy Drinks on an Empty Stomach? (Questions)



Drinking energy drinks on an empty stomach might make you lose your appetite. It'll make you skip your meals since you'll be feeling less hungry. Skipping meals results in malnutrition, since you won't get enough nutrients that are important for your health.

## Drinking it on an empty stomach? : r/redbull - Reddit



Drinking too much Red Bull can lead to acid reflux, which can cause heartburn, cramps, and in some cases, nausea. Whenever you drink a beverage that has caffeine in it, your body produces excess acid to compensate. This can lead to high acidity levels in your stomach. Inflammation of the gut may happen, which can lead to discomfort and pain.

## What just one energy drink does to your body - the scary truth



Main Body Drinking Red Bull can cause stomach pain for some people due to the high levels of caffeine and other stimulants like taurine, guarana and inositol. Caffeine is known to cause gastrointestinal issues in some people. It can also lead to heartburn, indigestion, gas, bloating and diarrhea.

## Impact of an Energy Drink on the Structure of Stomach and Pancreas of .



### RESEARCH ARTICLE

## Impact of an Energy Drink on the Structure of Stomach and Pancreas of Albino Rat: Can Omega-3 Provide a Protection?

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### Abstract

#### Background and Objectives

A controversy developed between the benefits of energy drinks (EDs) versus the possible health threats since its revolution. Lack of information was a call to assess the effect of chronic consumption of Power Horse (PH) as one of the EDs, on the structure of pancreas and fundic mucosa of stomach in rats, and possible protective role of Omega-3.

#### Materials and Methods

Thirty two adult male albino rats were divided equally into 4 groups; control received group which only received a standard diet, Omega-3 group, PH group which given PH and PH plus Omega-3 group received both PH plus Omega-3 for 4 weeks. Biochemical assessment of blood glucose, serum insulin, gastrin, tumor necrosis factor alpha (TNF- $\alpha$ ) and inducible nitric oxide synthetase (iNOS) was performed. The antioxidant activity and histopathological examination of both pancreatic tissue and fundic mucosa of stomach were assessed.

#### Results

Administration of PH significantly increased serum insulin and glucose levels while it significantly reduced serum gastrin level compared to control. PH also caused oxidants/antioxidants imbalance in both pancreas and fundic mucosa. The latter revealed degenerative changes and increased apoptosis which was evident by increased caspase-3 immunoprecipitation. Pancreas exhibited signs of  $\beta$ -cells overstimulation. Fundic mucosa showed reduced number of parietal cells, gastrin hormone expression compared to control group. Omega-3 administration could alleviate, to some extent, these changes. It significantly decreased TNF- $\alpha$ , iNOS and reduced glutathione (GSH) as well as significantly increasing superoxide dismutase (SOD) and glutathione peroxidase (GPx) activities compared to the group which received PH alone.

### OPEN ACCESS

**Citation:** Ayuob N, ElBeshbeishy R (2016) Impact of an Energy Drink on the Structure of Stomach and Pancreas of Albino Rat: Can Omega-3 Provide a Protection? PLoS ONE 11(2): e0149191. doi:10.1371/journal.pone.0149191

**Editor:** Silvana Alodi, Federal University of Rio de Janeiro, BRAZIL

**Received:** November 8, 2015

**Accepted:** January 27, 2016

**Published:** February 19, 2016

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**Data Availability Statement:** All relevant data are within the paper and its Supporting Information files.

**Funding:** This work was funded by the Deanship of Scientific Research (DSR), King Abdulaziz University, Jeddah, under grant No. (145-008-D1434). The authors, therefore, acknowledge with thanks DSR technical and financial support.

**Competing Interests:** The authors have declared that no competing interests exist.

Sugar free Red Bull contains the artificial sweeteners aspartame, acesulfame K, and sucralose instead of sugar, which have recently been found genotoxic and linked to an increased risk of cardiovascular disease. 1. Taurine: Taurine, or 2-aminoethanesulfonic acid, is an amino acid naturally made in the human body.

## Questions & Answers - Red Bull



Here's the Personalise step-by-step guide to what energy drinks do, according to research. 1. During the first ten minutes of drinking an energy drink, the caffeine starts to be absorbed into your .

### Red Bull Unmasked: The Side-Effects You Should Know



Drinking Red Bull on an empty stomach is not recommended due to its high caffeine content. Caffeine can cause side effects like insomnia, headaches, and stomach irritation. There are better alternatives to Red Bull, such as low-caffeine energy drinks or natural ways to boost energy.

## These Are All the Bad Habits We're Keeping in 2024 - Outside Online



Another study done by Raeesa A. Mohamed et al. on adult Wistar rats demonstrated marked depletion of mucus secretion in the mucosae of stomach and duodenum of Red Bull group with a significant increase of apoptotic cells in the mucosae of stomach and duodenum . Unfortunately, no data is describing the effects of ED on the mucosa of the human .

### This is what just one can of Red Bull does to your body



Or, Worse: Drinking Red Bull On an Empty Stomach. In my day-to-day life, I eat well enough (lots of vegetables, whole foods, and home cooking) and I'm sort of a morning person (I get out of bed .

## Can You Safely Drink Red Bull on an Empty Stomach?



- REIZECLUB Energy Drinks on Empty Stomach (Is it Harmful?) Energy Drink Questions Each energy drink has its own mix, some being sugar-free and others even having no caffeine at all. You can also enjoy energy drinks that help you improve your focus and combat migraines.



## Side Effects of Red Bull Energy Drink | livestrong



Tremors Excessive sweating Chest pains How much is too much really depends on your size, tolerance level and individual health. The labels on some brands, for example, warn to have no more than one drink per day. Serious Conditions Can energy drinks cause stomach ulcers or conditions like gastritis? Yes.

## The Truth About How Long Red Bull Really Lasts - REIZECLUB



A warning for students trying to stay awake through those all-night cram sessions: chugging energy drinks such as Red Bull, especially on an empty stomach, has been linked again to causing .

## What are the side effects of drinking too much Red Bull? - Foodly



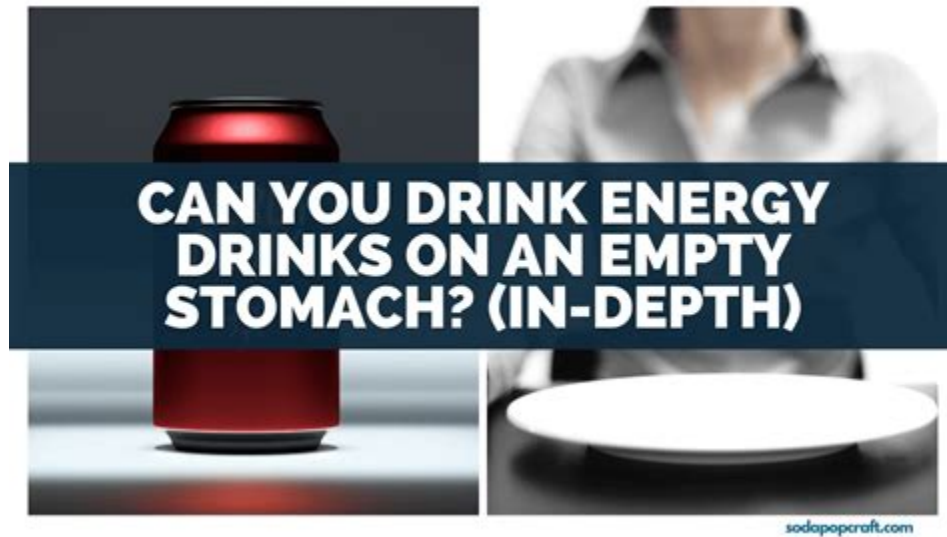
Here are 7 ways in which energy drinks can negatively impacting your health: 1. Palpitations and high blood pressure: While too much sugar causes weight gain and a long term rise in blood pressure, caffeine creates short intervals of abnormally high blood pressure. When teamed up, this can cause serious blood pressure concerns.

## Energy Drinks on Empty Stomach (Is it Harmful?) - REIZECLUB



Introduction. The revolution of energy drinks (EDs) has pointed out both their popularity and controversy, given on one hand their advertized benefits of increased alertness and energy, versus their possibly crucial health threats [1-5]. Energy drinks are a group of beverages that has gained their fame since 1997 []. They are designed to provide the consumer by a combination of stimulants and .

## Energy Drinks on an Empty Stomach (In-Depth Analysis)



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

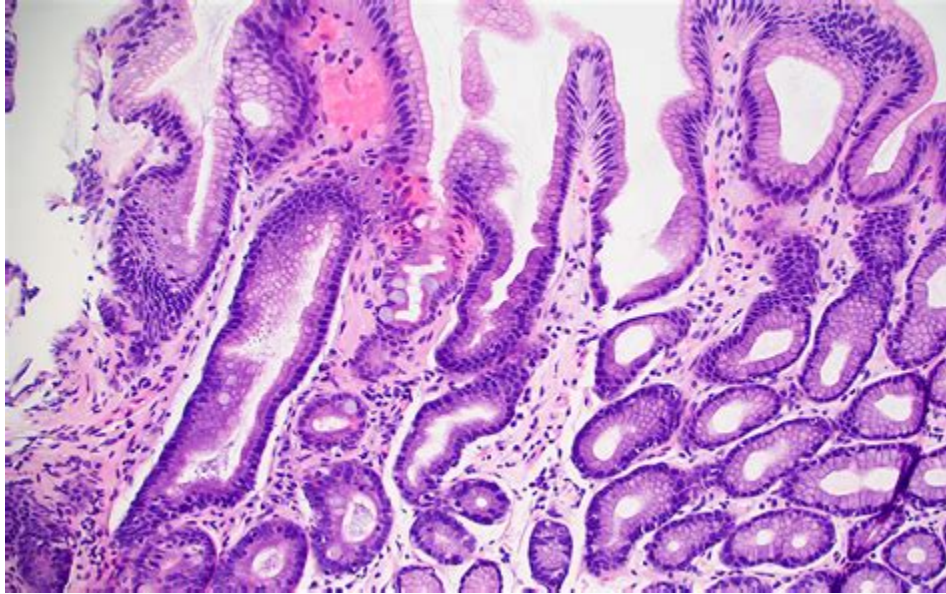
## **10 side effects of Red Bull that you need to know!**



Be Aware  
— of —  
**Red Bull**  
AFTEREFFECTS

What happens if you drink Red Bull on an empty stomach? The caffeine and sugar content in Red Bull and other energy drinks are very high, and those contents on an empty stomach is likely to have caused you to fall ill. It is likely to have caused gastritis which resulted in the vomiting.

### **Energy Drinks: A Reversible Risk Factor for Atrophic Gastritis and .**



Red Bull Energy Drink comes in a 8. 4 ounce can, and Red Bull benefits include nutrients such as the amino acid taurine and some B vitamins. However, this energy drink may also have some risks and side effects that you should be aware of before you drink it. Red Bull side effects can include weight gain, insomnia, tooth decay and possible .

## What's Really in Red Bull? (Is it Safe to Drink?) - Organic Authority



Almost 10 billion cans were consumed last year and over 100 billion cans since Red Bull was created in 1987. One 250 ml can of Red Bull Energy Drink contains 80 mg of caffeine, the same amount as .

## What Are the Side Effects of Drinking Red Bull? - Healthline



This is because hydrochloric acid works to digest your meals, and drinking energy drinks on an empty stomach can cause digestion issues. In addition, it can spike your blood sugar and cause fatigue. Drinking energy drinks on empty stomach can be really bad for you.

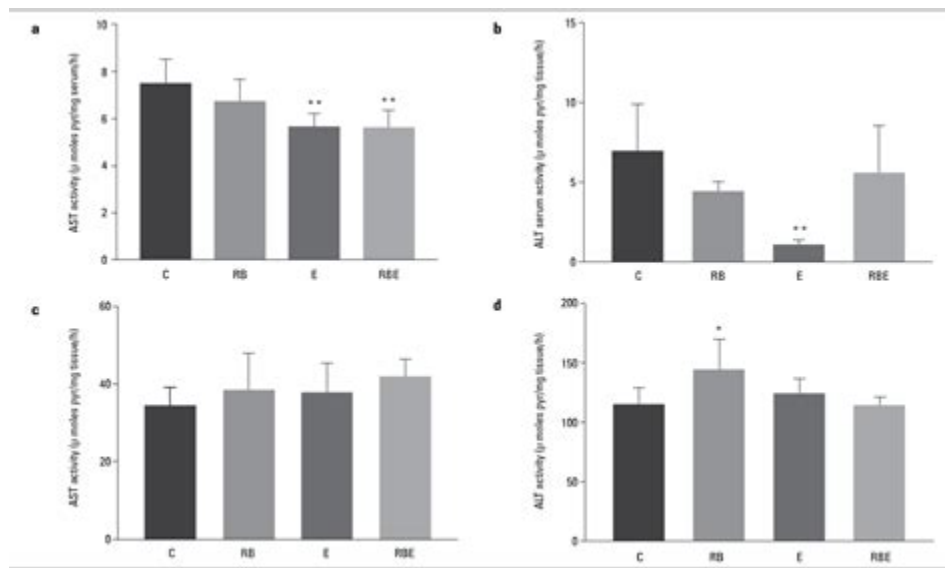


## Red Bull linked to seizures - The Globe and Mail



Pyridoxine HCl Natural and artificial flavors Colors Red Bull uses a preservative called Citric acid. This element is used to give products longer shelf life. In fact, cosmetics products also make use of this. On another note, Red Bull didn't specify what its natural and artificial flavors are.

### Long-term consumption of energy drinks induces biochemical and .



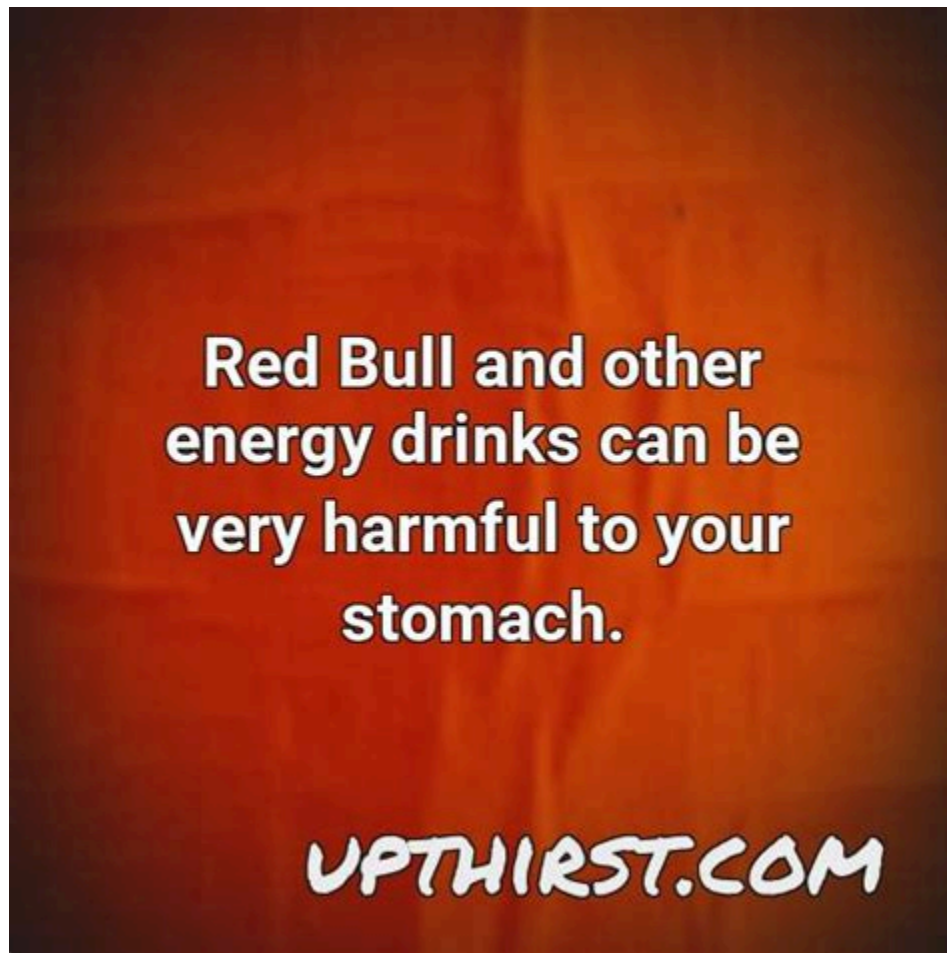
Side effects Is sugar-free healthier? Risk of death Bottom line Red Bull may raise your energy and improve your performance, but there are concerns about side effects, especially if mixed with.

## 7 Lesser Known Side Effects of Energy Drinks - NDTV Doctor



When France banned Red Bull, the manufacturers challenged the ban through the European Commission, . Reportedly drank energy drinks on an empty stomach; he reported consuming two 24-oz energy drinks 30-60 min before the seizure: 27: One 31-y-old man: None reported:

## Can Drinking Red Bull Cause Stomach Pain? - UpThirst



Red Bull is a sugar-sweetened and caffeinated energy drink. When consumed excessively, it can affect your body negatively. Photo by Panos Sakalakis from Pexels It is crucial to consume Red Bull in wise moderation. Red Bull provides a boost of energy and alertness, but it will also cause short and long-term side effects, especially when consumed in large amounts over a long time or consumed .

- <https://groups.google.com/g/flexgenesis/c/rncdAq9mK8k>
- <https://publiclab.org/notes/print/41867>
- <https://publiclab.org/notes/print/41803>