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Effects of energy drinks on the cardiovascular system

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#### Abstract

Throughout the last decade, the use of energy drinks has been increasingly looked upon with caution as potentially dangerous due to their perceived strong concentration of caffeine aside from other substances such as taurine, guarana, and L-carnitine that are largely unknown to the general public. In addition, a large number of energy drink intoxications have been reported all over the world including cases of seizures and arrhythmias. In this paper, we focus on the effect

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5Caffeine Effects on the Cardiovascular System. Much of the concern about caffeinated food and beverages and their potential health **effects** in vulnerable populations stems from several recent sudden **cardiac** deaths in adolescents being attributed to consumption of caffeinated **energy drinks**.

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1 Jan 2015 - Even as their popularity has grown, **energy drinks** have come under scrutiny for possibly serious health **effects**, including **heart** rhythm problems ...

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