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## Energy drink consumption as an indicator of an anti-health lifestyle

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### Abstract

A proper, healthy lifestyle involves engaging in health-promoting behaviors, such as not using psychoactive substances. In recent years, the consumption of energy drinks has been rising. Energy drinks are usually carbonated soft drinks to which substances that affect the functioning of the body are added. Aim of the study: The aim of the present study is to uncover the possible adverse health effects associated with the consumption of energy drinks, as well as to systematize knowledge regarding this issue, while adding to it the findings of recent studies. Method: A review of epidemiological studies showing adverse health effects of energy drink consumption was conducted. It used the bibliometrics covering the time period between 2020 and 2024. The analysis of bibliographic data was carried out based on the appropriate keyword subject classification criterion. Results: Caffeine is a compound from the purine alkaloid group. As the main active ingredient of energy drinks, it is primarily responsible for the adverse effects of their consumption. It is noted that people who regularly consume caffeine-rich energy drinks suffer from alarming symptoms such as palpitations, increased blood pressure, feelings of restlessness, chest pain, shallow and accelerated breathing, dizziness and headache, gastrointestinal incidents or erectile dysfunction in males. In addition, acute caffeine intoxication is known to manifest as tachycardia and cardiac arrhythmia, atrial fibrillation, vomiting, sleep disturbances, and exacerbation of existing mental illness. Conclusions: There has been an alarming increase in the consumption of energy drinks observed in young people, which may cause them to develop chronic illnesses. It is necessary to conduct detailed research which would take into account the wide range of effects of energy drinks on the human body, paying special attention to minors.

**Keywords:** energy drinks, caffeine, health, hazards, side effects

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