

# Top Ten Dangers of Drinking too Many Energy Drinks at One Time

- 1. Cardiac Arrest:** While our [Death by Caffeine Calculator](#) can show people how many energy drinks at one time would be lethal, this formula doesn't apply to everyone. Those with underlying heart conditions have gone into cardiac arrest after just a few energy drinks. Before drinking energy drinks or caffeine, be sure to know your heart's health.
  - [A new study](#) showed that energy drinks cause more forceful heart contractions, which could be harmful to some with certain heart conditions.
  - One study showed that between 2009 and 2011 there were 4854 calls to poison control centers regarding energy drinks. 51% of these calls were involving children. [src](#)
  - Another study shows the link between energy drinks and cardiac events among teens. This study recommends that teens consume no more than one 250 ml energy drink per day and not before or during sports or exercise. [Study link](#).
- 2. Headaches and Migraines:** Too many energy drinks can lead to severe headaches from the [caffeine withdrawal symptoms](#). Changing the amount of caffeine you ingest daily can cause more frequent headaches.
- 3. Insomnia:** Energy drinks do a good job of keeping people awake, but when abused, they can cause some people to miss sleep all together. This [lack of sleep](#) causes impaired functioning and can be dangerous to drive or perform other concentration heavy tasks.
- 4. Type 2 Diabetes:** Because many [energy drinks](#) are also [very high in sugar](#), they can eventually wear out the insulin producing cells of the pancreas, which leads to type 2 diabetes.
- 5. Drug Interaction:** Some of the [ingredients in energy drinks](#) can interact with prescription medications especially medications taken for depression.
- 6. Addiction:** People can become [addicted to caffeine and energy drinks](#). This can lead to lack of functioning when unable to have the energy drink or a financial stress from having to buy several energy drinks daily.
- 7. Risky behavior:** There was [a study](#) published in The Journal of American College Health which showed that teens are more likely to take dangerous risks when high on caffeine. This could result in injury or legal trouble.

8. **Jitters and Nervousness:** Too much caffeine from energy drinks causes some people to shake and be anxious. This can interfere with performing needed tasks or cause emotional issues. A study out of Perth, Australia found that even just one 250ml energy drink can **increase anxiety** in young men.
9. **Vomiting:** Too many energy drinks can lead to vomiting. This causes dehydration and acid erosion of teeth and esophagus if frequent.
10. **Allergic Reactions:** Because of the many ingredients in energy drinks reactions could occur, from minor itching to airway constriction.