

AMP UP THE SUGAR CRASH. ENERGY DRINKS *are* UNHEALTHY.



16 PACKETS

Nutrition Facts

Serving Size: 1 16-oz. can

Packets of
Sugar **16**

62 Total Sugar (grams)

Increased Risk of weight gain

Increased Risk of obesity

Increased Risk of type 2 diabetes

Increased Risk of tooth decay

You may think they amp up your energy, but energy drinks bring down your health. They're packed with sugar, ramping up your risk for diabetes. Excessive consumption can be even more dangerous, contributing to high blood pressure and irregular heartbeats because of the high levels of caffeine.

So next time you need a boost, get-up-and-go with some ice-cold water instead.

RETHINK *your* DRINK

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