



Increase the risk of insomnia and may disrupt the sleeping patterns

INSOMNIA

May lead to poor learning and academic performance





May cause nausea and vomiting, stomach pain, headache, and jitteriness

Might lead to more risktaking behavior





Could lead to dehydration

May cause caffeine poisoning if ingested too much





Source: https://www.momjunction.com/articles/side-effects-of-energy-drinks-onteenagers\_00326764/