



HOT Sheet

Alcohol and Energy Drinks

- The FDA has declared alcoholic beverages with added caffeine as unsafe.
- In 2010, manufacturers were notified that their products were being marketed in violation of the Federal Food, Drug, and Cosmetic Act and that further action, including seizure of their products, was possible under federal law.
- Previously, companies claimed that the addition of caffeine to the alcoholic beverages was “generally recognized as safe.” Scientific review did not find support for this claim.
- Caffeinated alcoholic beverages were being improperly marketed to underage drinkers.
- Had **up to 12% alcohol** content compared to 4–5% for beer
- **Overrides the body’s sensory cues and protective reflexes**
- The caffeine keeps people awake, allowing ingestion of more alcohol.
- Equates higher BAC (blood alcohol concentration)
- Caffeine can cause heart palpitations and other health problems.
- Caffeine does not have an effect on the metabolism of alcohol by the liver. It does not reduce BAC, reduce impairment, or “sober you up.”
- Some of the brand names include Four Loko and Joose.

If you have questions, please contact Briana Cunningham, Prevention Supervisor at Blair Drug & Alcohol Partnerships by calling (814) 381-0921 or by emailing bcunningham@blairdap.org.