

FOR IMMEDIATE RELEASE

Contact: Nathan Effron

(310) 891-0600 ext. 2604

Email: neffron@sunchlorellausa.com

Study calls for labeling of potentially dangerous energy drinks

November 12, 2008, Torrance, CA - A study published in the journal, *Drug and Alcohol Dependence*, warned that energy drinks can cause caffeine intoxication. It suggested product warning labels be made mandatory.

Symptoms of caffeine intoxication include nausea, headache, heart palpitations, insomnia, anxiety or daily headaches.

The "boost" from energy drinks comes from the high levels of caffeine and sugar they contain. An 8.3-ounce, popular energy drink has 280 milligrams of caffeine (about two to three cups of coffee). This represents a moderate, daily dose of caffeine, but when combined with other stimulants, especially alcohol, it can be dangerous.

According to new research from Wake Forest University School of Medicine, students who drink alcohol mixed with energy drinks are at a dramatically higher risk for injury and other alcohol-related consequences.

"Students whose motor skills, visual reaction times, and judgment are impaired by alcohol may not perceive that they are intoxicated as readily when they're also ingesting a stimulant," said lead researcher, Mary Claire O'Brien, M.D. "Only the symptoms of drunkenness are reduced - but not the drunkenness. They can't tell if they're drunk; they can't tell if someone else is drunk. So they get hurt, or they hurt someone else."

For more energy, a healthy diet, physical activity, and a good night's sleep are suggested. Another natural approach is to add an adaptogen to the diet. An adaptogen provides a natural energy boost, and *decreases* stress without dangerous side effects.

One such adaptogen is Sun Eleuthero, considered one of nature's most powerful adaptogens. Sun Eleuthero helps relieve the constant strain on your adrenal glands, which are responsible for the production of cortisone and adrenaline – two natural adaptogens that can help you when you are tired, anxious, or under great physical or mental stress.

Sun Chlorella USA (www.sunchlorellausa.com) is a distributor of Sun Eleuthero. Other products include Sun Chlorella "A", Pet Sun Chlorella, Wakasa Gold, Wakasa Honey, Sunergize, and Sun Chlorella Cream.

###

For more information about Sun Chlorella USA, visit the website at www.sunchlorellausa.com

References

Reissig, C.J., et al., "Caffeinated energy drinks—A growing problem", Department of Psychiatry and Behavioral Sciences, The Johns Hopkins University School of Medicine, 9/20/08.

Wake Forest University Baptist Medical Center, "Energy Drink 'Cocktails' Lead To Increased Injury Risk, Study Shows.", *ScienceDaily*, 11/6/07.