

5 December 2013

UNESDA STATEMENT

In response to research paper “Caffeine and Taurine Containing Energy Drink Improves Systolic Left-ventricular Contractility in Healthy Volunteers Assessed by Strain Analysis Using Cardiac Magnetic Resonance Tagging,” presented at the annual meeting of the Radiological Society of North America.

STATEMENT

This study does not document any negative effect on heart function. One 250 ml can of energy drink typically contains about the same amount of caffeine as a cup of coffee (80 mg) and caffeine has been safely consumed, in a variety of foods and beverages, around the world for hundreds of years.

A vast body of scientific evidence including assessments by the European Food Safety Authority (EFSA), support the safety of caffeine and taurine, including at the levels found in mainstream energy drinks.

We note that this is a small scale study with only 18 subjects and no control group.

Ends

Notes to editors

- Energy drinks have been enjoyed safely by millions of people around the world for more than 25 years and in more than 165 countries.
- Many of the ingredients found in energy drinks occur naturally and in other foods that we enjoy regularly.
- Taurine is an amino acid found naturally in the human body, as well as in common food items such as seafood, scallops and poultry.
- In commenting on the author's false statement about caffeine, Forbes also reports: "...this study does not document any harmful or lasting effects from consuming energy drinks." See full Forbes report:
<http://www.forbes.com/sites/jacobsullum/2013/12/02/researcher-falsely-states-that-energy-drinks-contain-more-caffeine-than-coffee/>

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