



Effects and Effectiveness of Energy Drinks on Human

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Message from the Guest Editor

We are pleased to announce the upcoming Special Issue “Effects and Effectiveness of Energy Drinks on Humans”.

Drinking energy drinks is a growing habit, especially in the young population. This phenomenon is partly due to important marketing campaigns that associate energy drinks with sports performance, supporting the strengthening of the abilities of the subjects.

However, it is well-known that energy drinks also have negative effects on health: their intake is associated with the acute onset of cardiac and neurological diseases.

These effects are not strictly related to the caffeine contained in energy drinks, as they do not occur in subjects who are regular coffee consumers. It is possible that there is an interaction with the other components that are added to energy drinks (i.e., guarana, taurine, etc.) that enhances the stimulating action of caffeine.

Investigating the impact of energy drinks on human health can help clarify whether these drinks can be drunk without risk or whether preventive action is needed, especially in young people.

We warmly welcome short communications, original research articles, and review articles for this Special Issue.





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