

## DoD Energy Drink Warning

The U.S. Department of Defense is urging soldiers to ease up on drinking too much energy beverages as it could lead to serious damaging of the body.

The military noticed that a growing number of servicemen choose to drink energy beverages over water, especially during the wars in Afghanistan and Iraq. Researchers examined data collected from soldiers serving during 2010's Operation Enduring Freedom and discovered that as much as 45 percent of those deployed downed at least one energy drink a day.

The findings also showed that nearly 14 percent of U.S. soldiers serving in the conflict consumed three or more drinks a day.

**Negative Health Effects Of Drinking Too Much Energy Drinks** Energy drink manufacturers choose to market their products to young Americans, including those in the armed service. Some of the most popular beverages can even be found on military facilities.

Health experts, however, warn that these drinks contain high amounts of caffeine, which could cause serious negative effects on the body such as insomnia, irritability, restlessness, nervousness, faster heartbeat and even muscle tremors.[Read more...](#)