

THE EFFECT OF ENERGY DRINKS ON THE HUMAN ORGANISM

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Annotation: We will consider the fact that these energetics, whose consumption has become urf, today cause a gradual dependence on the human body, in particular adult adolescents, negatively affecting their health.

Keywords: Caffeine, Taurine, Guarana, Vitamin B3, Euphoria.

Introduction: For the first time, energy drinks appeared on the market in the 1980s. Especially popular drinks of this class were purchased in the 21st century in the 2000s, which is confirmed by an increase in sales . As of 2018, there are more than 500 trade names of energy drinks in the world, which significantly differ from each other in composition. At the same time, the unifying property of all such drinks depending on a particular brand outside is the high content in them are doses of substances and compounds that have a tonic effect (caffeine, guarana, taurine, ginseng, glucuronolactone, L-carnitine, vitamins) [1,4].

The negative aspects of consuming energy drinks are as follows: the maximum dose in strict adherence to the dose is 2 cans of the drink per day, an overdose leads to increased arterial pressure and blood sugar levels. kaeladi,

places where they are officially banned, are sold in pharmacies only in blood vessels. Because the countries of France, Denmark and Norway [2,4].

The main components of an energy drink.

Taurine is a derivative of the amino acids cysteine present in most people. However, it should be noted that it is present in large quantities in the human body, muscles and liver. The human body can receive meat, milk and seafood. The obvious negative effect is not felt, but there are data that show that the bad effect of taurine is in large quantities.[3,6].

Everyone knows that caffeine is harmful. The components of electricity do not reduce the damage. At times between three and five hours, caffeine weakens and makes the nervous system addictive. A young organism is especially harmful for the effects of caffeine. In addition, vitamin B, which is contained in a large amount of such drinks, quickly causes palpitations and tremors in the limbs.[4,5].

Recommendations for the use of energy engineers The daily dose of caffeine should not be exceeded-do not drink more than twice a day.As soon as the action of the drink ends, you need to relax and restore your strength.

Do not drink energy drinks after exercise-sports increase blood pressure, while energy drinks increase even more. This can be dangerous. After consuming alcohol, do not consume foods that contain caffeine (such as tea, coffee), otherwise you may exceed the dose. Caffeine is excreted from the body within 3-5 hours, but, nevertheless, no more than half. Many energy drinks are caloric, so if you want to lose weight, take them only before training, and not after.

It is better to refuse to use energy drinks in the heat. At high temperatures, the vegetative and cardiovascular systems are already working at full capacity, trying to balance the body's temperature, and the energy drink heats it up even more as it accelerates the processes in the body. In addition, most often energy drinks are sold cold, which only worsens the situation, since stress appears in the

body due to a decrease in temperature. All these factors can lead to a vegetative crisis with hypertonic or hypotonic slopes.[4,5]

Do not mix drinks with alcohol. As mentioned above, caffeine increases blood pressure, alcohol increases its effect. You will soon observe a hypertensive crisis.[1,5]

The most sensitive organ of the digestive system for excessive consumption of energy drinks is the liver. The first cases of liver damage caused by the consumption of energy drinks are described in the scientific literature. Vivekanandarajah in 2011.A. and others described an acute hepatitis disease in a 22-year-old girl with about 10 energy consumption every day for two weeks. In the same year Apestegui C.A. and others described the case of cholestatic hepatitis who drank 15 cans of Red Bull for three days and then he needed a liver transplant. In both cases, the authors of the cited publications made a diagnosis with a high content of vitamin B3 associated with hepatotoxicity of drinks.[5,6]

Conclusion: Based on the data, we can conclude that because consuming too much of them negative effects call. It causes great damage to human health and Metabolism, the cardiovascular system, as well as the central nervous system, liver and kidneys. From the consumption of these, we must consciously restrain ourselves, it is clear that if we like it, we can harm our body, which can forgive us a long and healthy life.

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