



**HIDDEN HEALTH
RISKS**

CAFFEINE

- How much is safe?
 - Up to 400mg of caffeine per day, recommended about 200-300mg/day

GUESS...



- One small/tall Starbucks coffee (12oz): 235mg
- One large/venti Starbucks coffee (20oz): 475mg



One 12oz diet Mountain Dew: 54mg



One 12oz diet Pepsi: 57mg



One 2oz 5-hr Energy: 200mg

GUESS....



One 16oz Monster:
160mg



8oz Red Bull:
80mg



One 16oz Rockstar:
160mg

RISKS OF CAFFEINE

- Anxiety, nervousness, and insomnia, palpitations
- Less commonly: abnormal heart beat and seizures

BENEFITS OF CAFFEINE

- In small to moderate doses caffeine can improve mood, improve alertness, attention, and performance.

HERBALS

Are they safe?

- It is important to discuss any supplements with your doctor before taking them because they can cause interactions with other medications you may be taking.

CINNAMON

- Some use it to treat diabetes and stomach problems
- It has not been proven to have any medical benefit. It does not help with diabetes.



GARLIC

- Many people use garlic to treat high cholesterol and high blood pressure
- Some research has shown a small decrease in cholesterol but not enough to be a good treatment option. There currently isn't good evidence proving that it is beneficial for high blood pressure.
- Garlic may increase your risk of bleeding if you are taking it with a blood thinner.



TEA TREE OIL

- Many people add tea tree oil to skin care products such as hair products, lotions, and acne treatments.
- There is a small amount of research that indicates that tea tree oil may be helpful for skin care.
- Tea tree oil should NEVER be taken orally. It can cause neurologic symptoms such as confusion and ataxia (loss of muscle coordination).



SAW PALMETTO

- It is commonly used by men to treat the urinary symptoms of an enlarged prostate.
- There is good evidence that shows that saw palmetto does not help relieve the urinary symptoms of an enlarged prostate. It has not been shown to interact with other medications.



BLACK COHOSH

- It is used by many women to treat hot flashes and other symptoms of menopause.
- There is conflicting evidence over its effectiveness but many feel that it is not effective.
- Some products containing black cohosh also have other ingredients and some women have had liver damage with these products.



ALL NATURAL...

- What does this mean?
- This is not a term defined by the FDA
- They can contain preservatives, added high fructose corn syrup, have lots of added sodium
- Organic is different, if a product is labeled organic, 95% or more of the ingredients have been grown or processed without synthetic fertilizers or pesticides

SUGAR FREE...

- Does it always have less calories?
- Some sugar free products may have less calories than the traditional version but some may have more because they contain calories and carbohydrates from other sources
 - Always compare the calories and nutrition content
- Consuming too many sugar alcohols can cause cramping and diarrhea

FAT FREE...

- Does not mean calorie free. They sometimes contained nearly as many calories as full-fat versions.
- Many 'low fat' items lots of sugar and other unhealthy ingredients
- It is best to consume unprocessed foods that are naturally low in fat like fresh fruits and veggies
 - Our bodies do need natural, healthy fats that help us absorb vitamins

SERVING SIZE...

- To try and make products appear like they have less calories, manufactures will sometimes list the nutritional facts based on small unrealistic serving sizes
 - Always check the packaging