

Energy supplements essay sample



**ASSIGN
BUSTER**

Most young adults take in at least one energy supplement on a daily basis. Energy supplements must be banned in all fifty states until the age of eighteen. Too many people are dying from using these products. A lot of young adults rely on energy products throughout the day. Energy supplements must be banned in all fifty states until the age of eighteen.

There are too many people dying from using energy supplements. The Food and Drug Administration (FDA) has received ninety-two reports over the last four years of people being hospitalized or dying from 5-Hour Energy. The small 5-Hour Energy shot can easily be mixed with alcohol which makes this product more hazardous to young adult's health. Alcohol is a depressant and energy supplements are stimulants. When these two products are mixed they contradict one another and send the body into shock. Energy supplements must be banned in all fifty states until the age of eighteen.

Young adults rely on energy products on a daily basis. College students that have to study for exams use energy drinks to stay awake. College student Dustin Duzinkas said " Sometimes when I wake up for class and feel really tired, I'll pound an energy drink for that extra boost, and I will also have an energy drink when I'm on a long drive late at night." Energy drinks are used for long work hours and stressful home environments. Without energy supplements young adults wouldn't be able to concentrate on work and school. There are healthier ways to give the body energy. More sleep, healthy food and exercise will help the body get natural energy.

Energy supplements must be banned in all fifty states until the age of eighteen. Too many people are dying from using these products. A lot of

young adults rely on energy products throughout the day. Energy supplements are deathly and should not be banned for children under the age of eighteen.