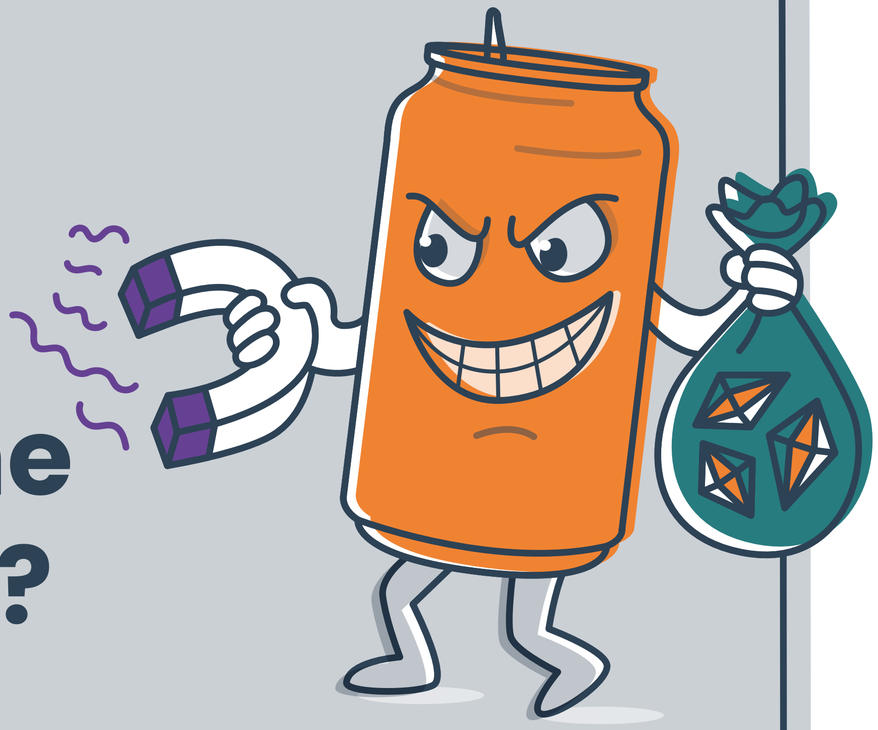
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What happens to your body after one energy drink?



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0
min

Bottoms up!

Strap in: the chain reaction starts now.

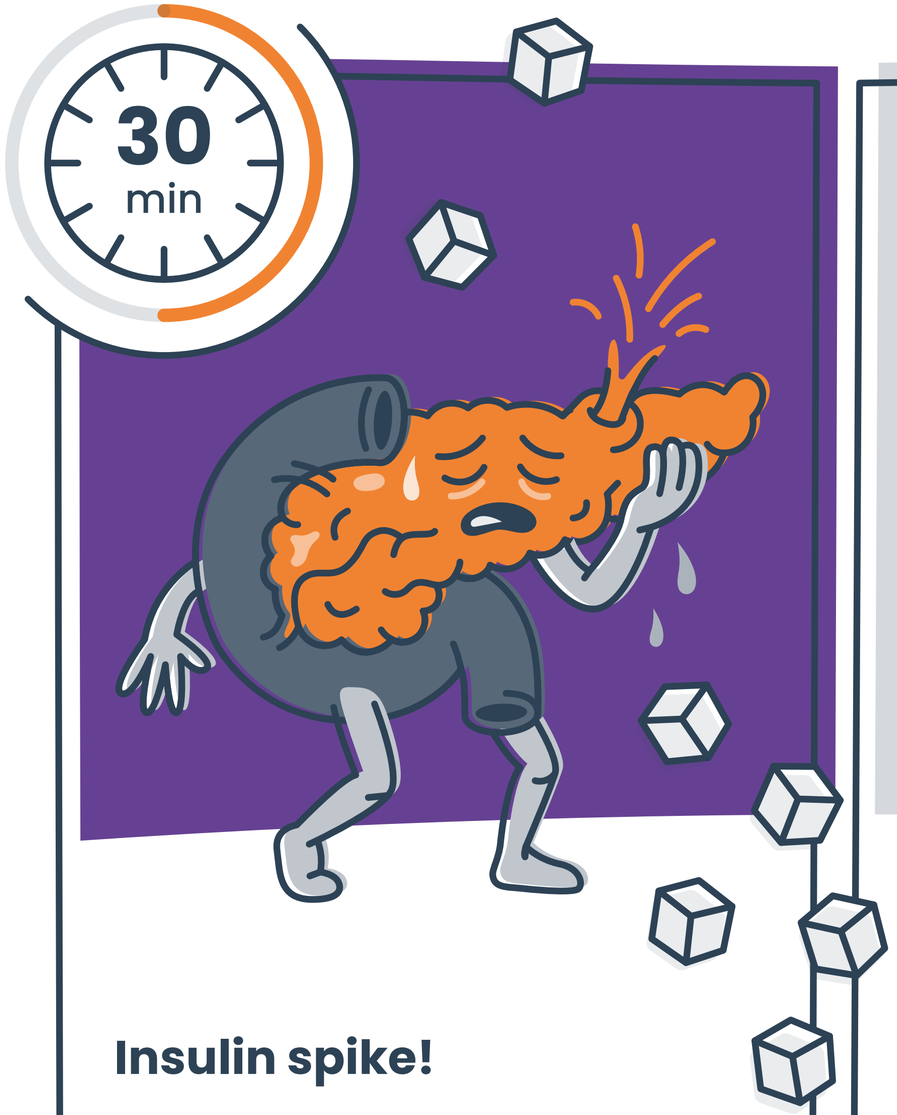
Sugar overload.

Six sugar cubes (30 g) just hit your stomach - more than the recommended daily limit (25 g).



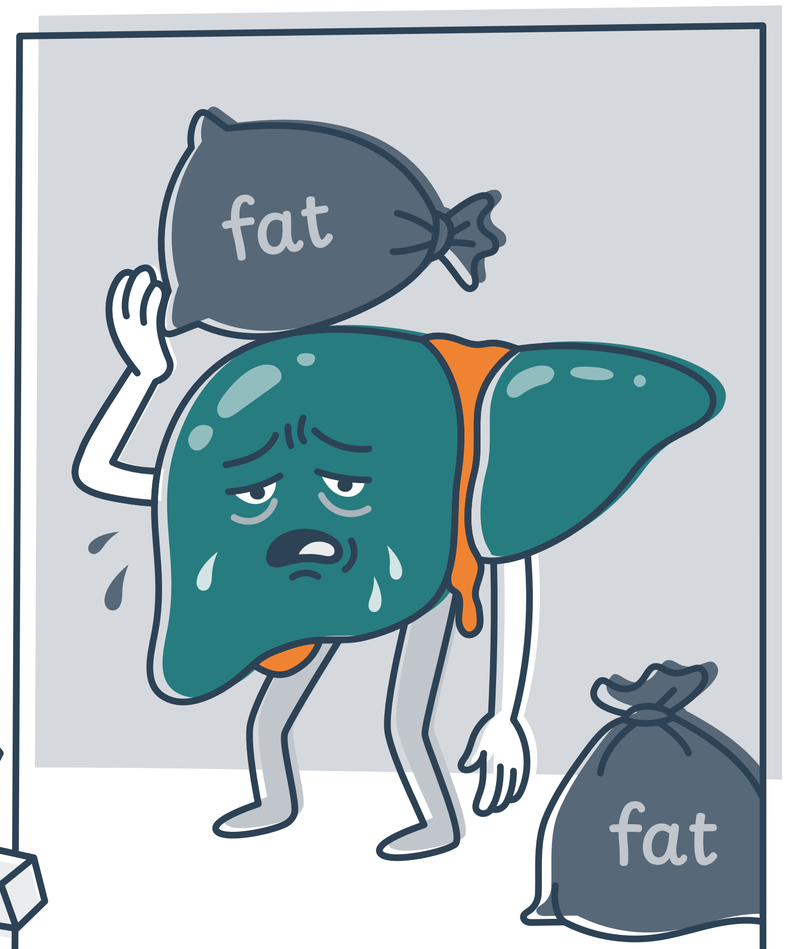
Sugar shock: your brain gets tricked.

This much sugar could make you feel sick, but the drink mutes your body's nausea alarm.



Insulin spike!

Your blood sugar shoots up (hyperglycemia), so your pancreas pumps out insulin to move sugar into your cells.



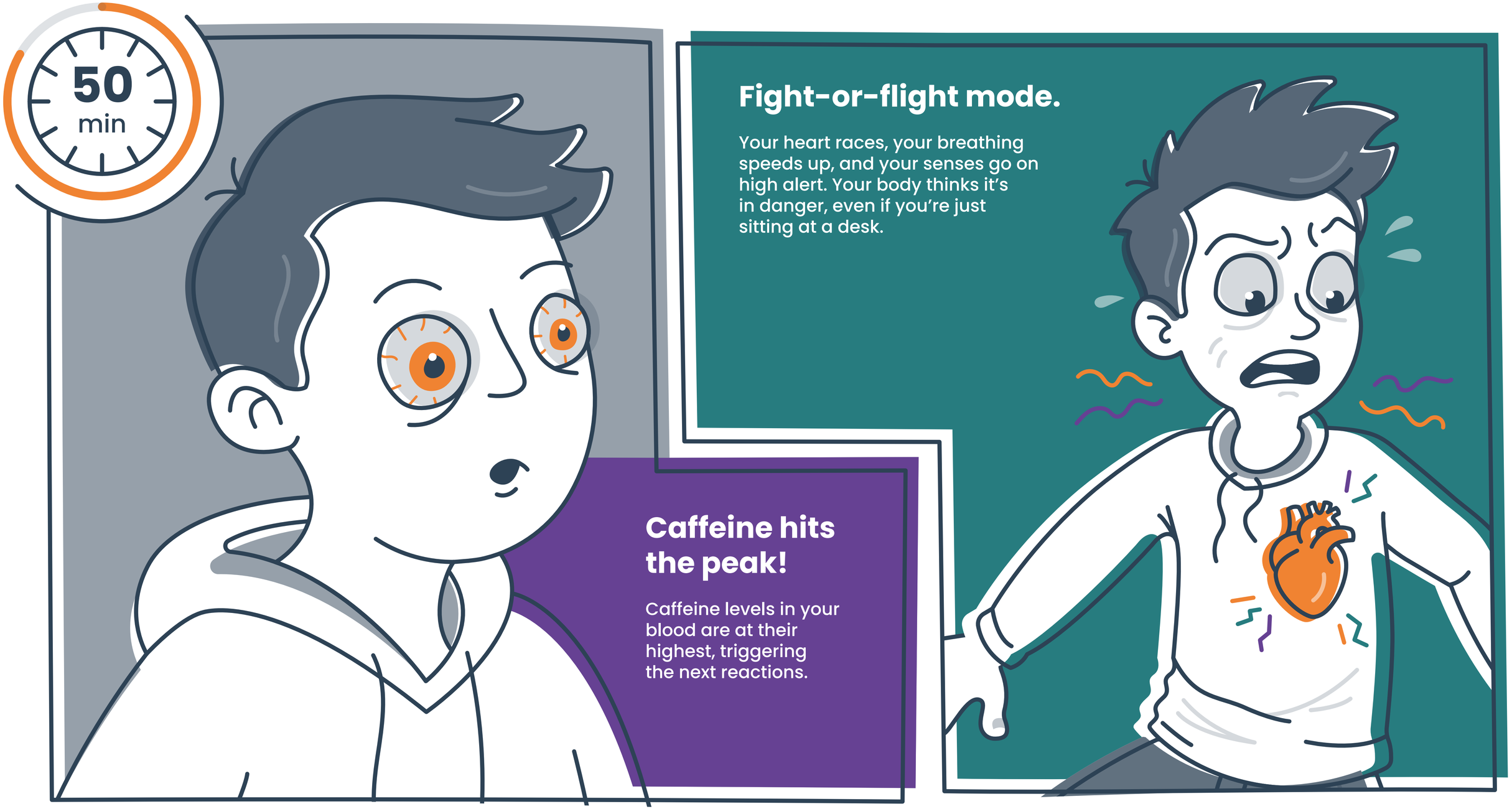
Fat factory.

Your liver can’t turn all that sugar into energy fast enough, so it starts storing the excess as fat.



The fructose trap.

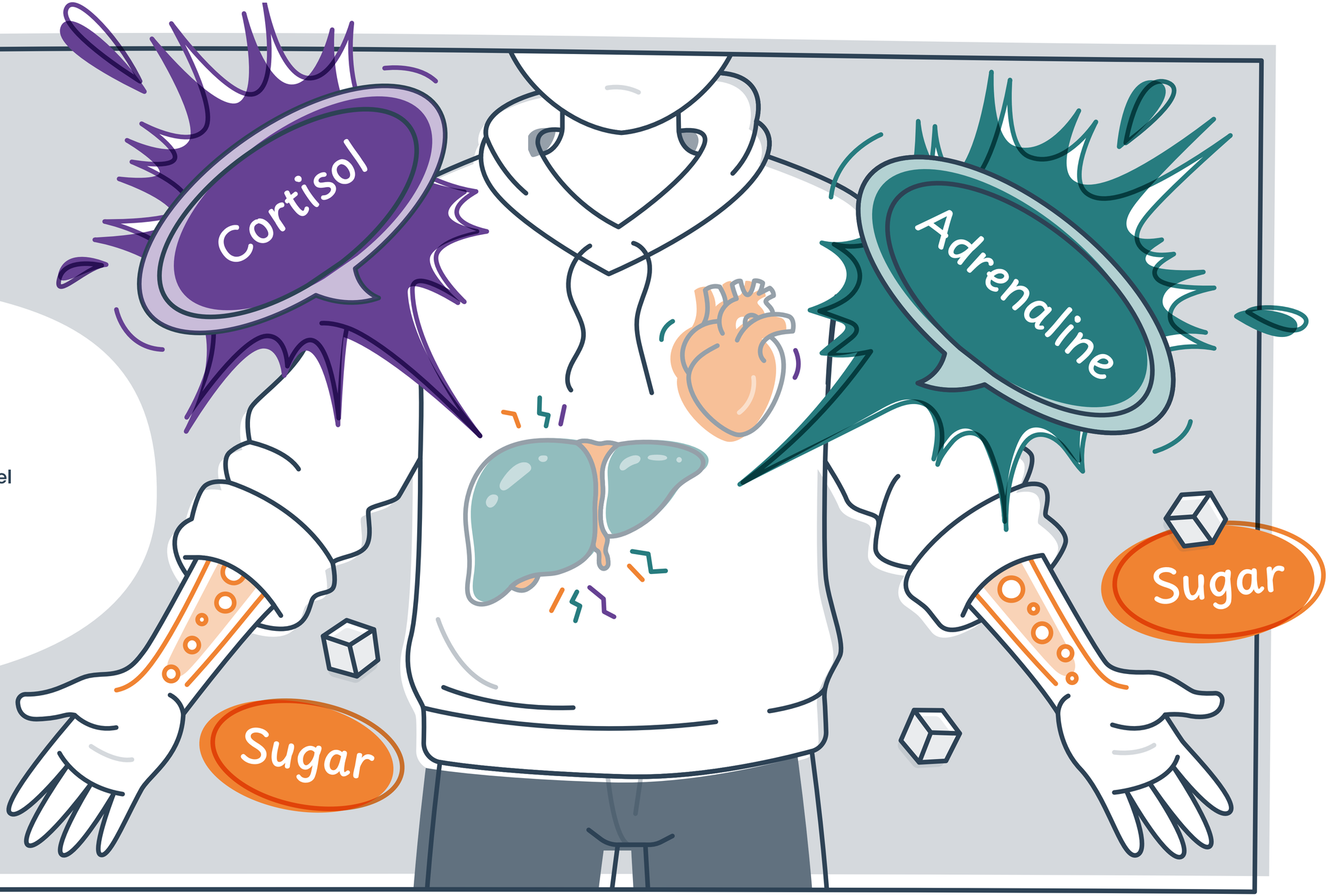
Fructose can dull your brain’s “I’ve had enough” signal, so you may still crave a snack.


50
min
Caffeine hits the peak!
Caffeine levels in your blood are at their highest, triggering the next reactions.
Fight-or-flight mode.
Your heart races, your breathing speeds up, and your senses go on high alert. Your body thinks it’s in danger, even if you’re just sitting at a desk.

50 min

Hormone surge!

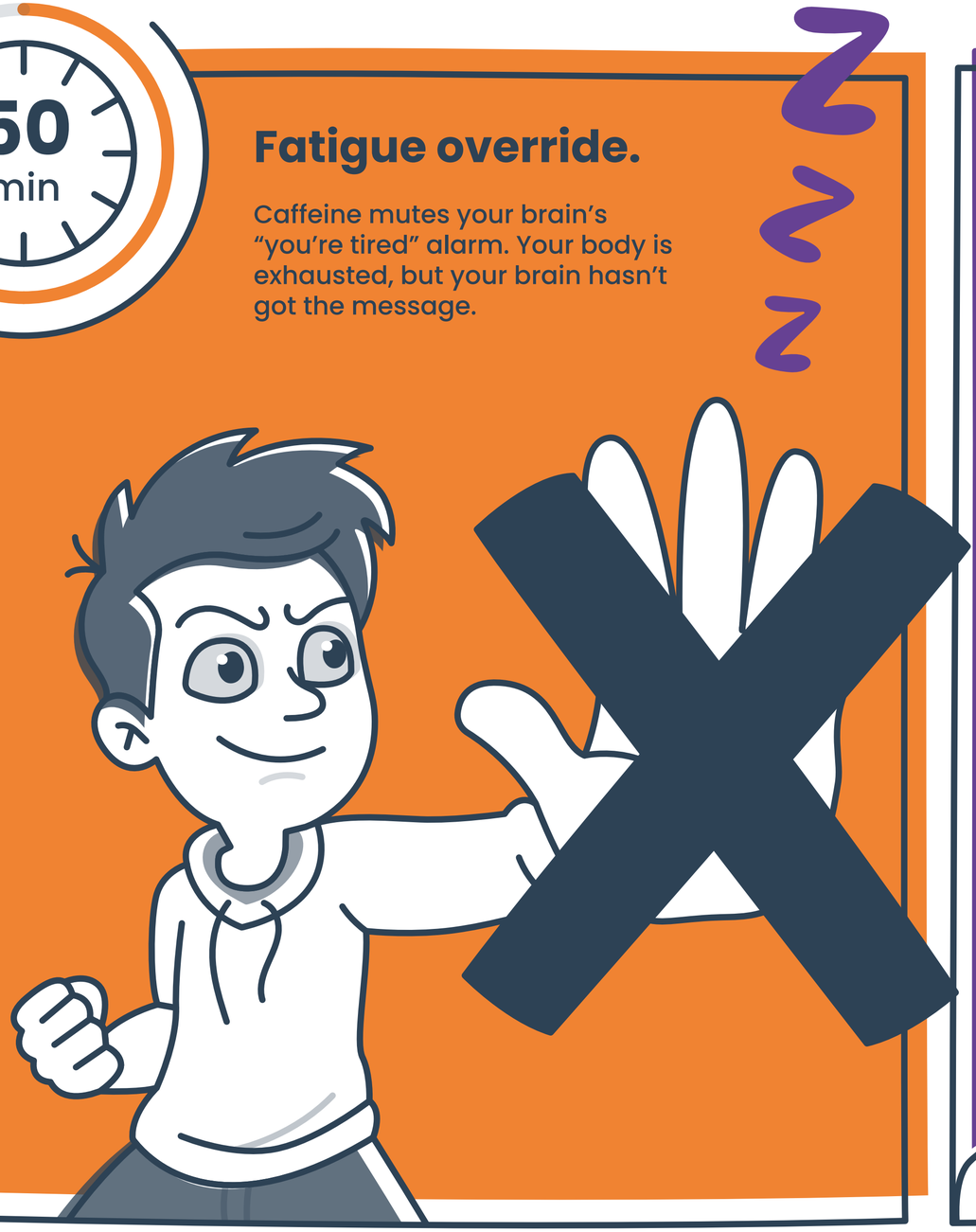
Adrenaline and cortisol flood your system, dumping extra sugar into your blood. You feel like a superhero — until the crash hits.



50 min

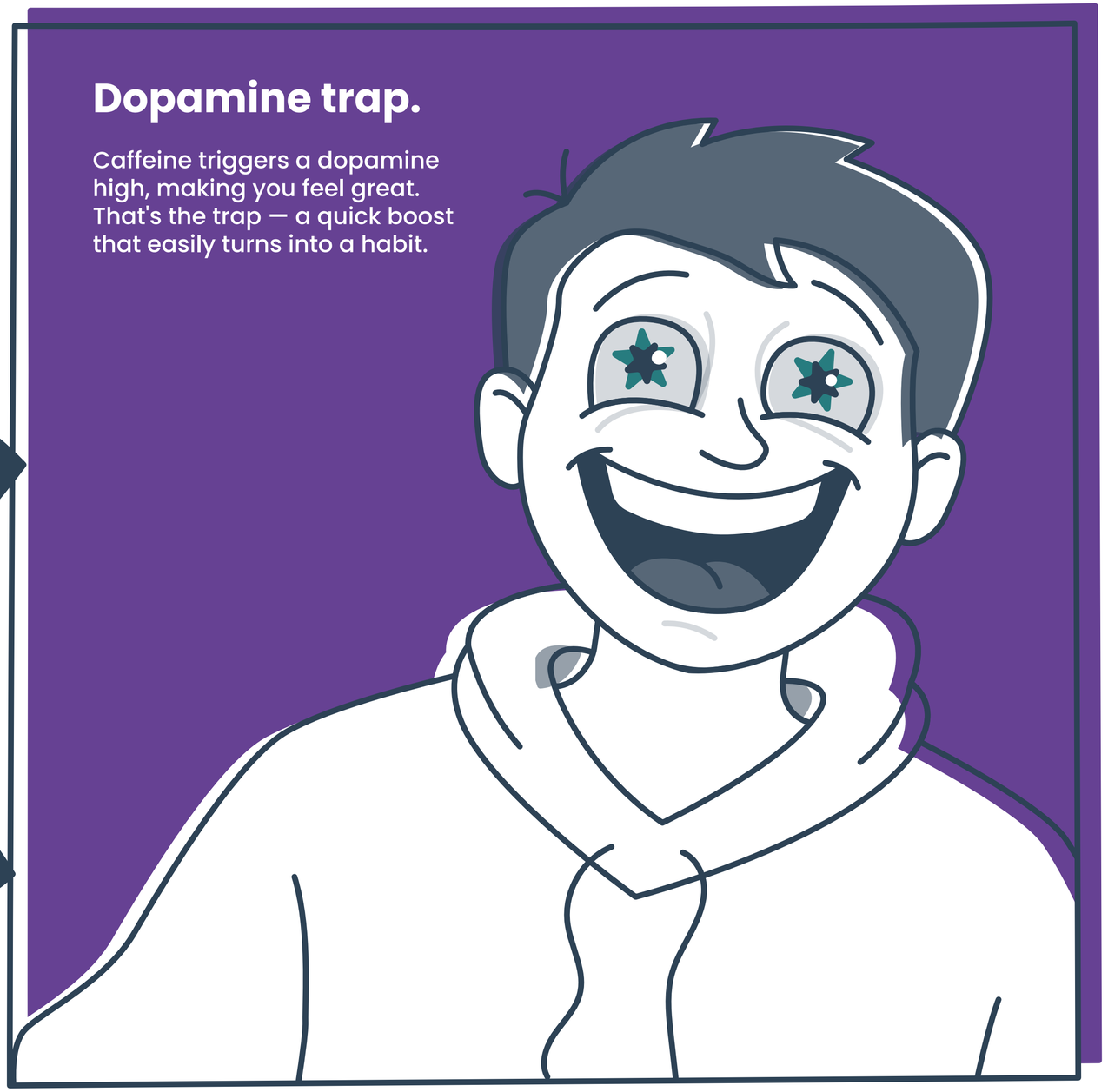
Fatigue override.

Caffeine mutes your brain's "you're tired" alarm. Your body is exhausted, but your brain hasn't got the message.



Dopamine trap.

Caffeine triggers a dopamine high, making you feel great. That's the trap — a quick boost that easily turns into a habit.





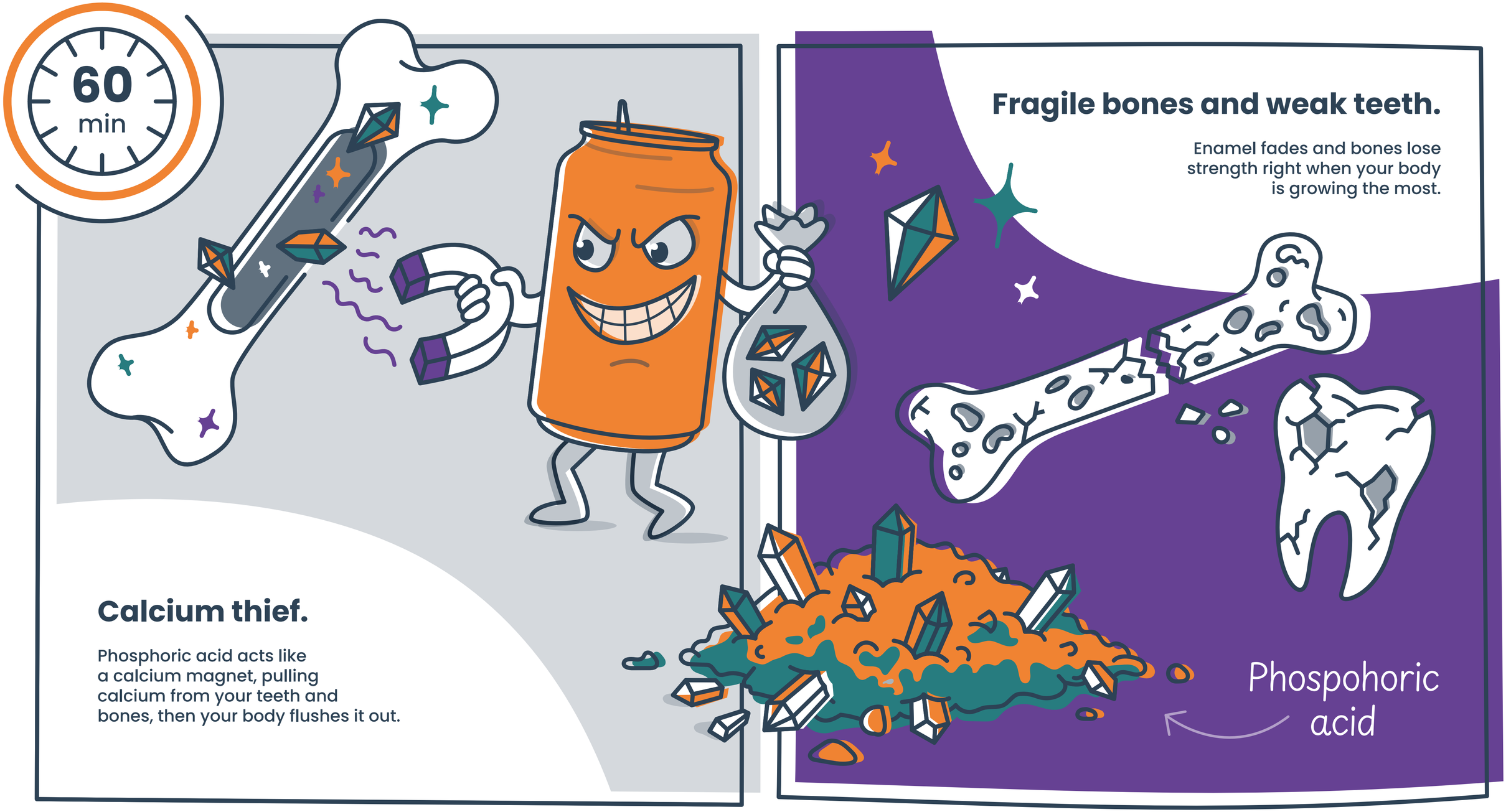
Gotta run!

Caffeine and carbonation put your bladder into overdrive: “Flush it out, now!”



Losing water and minerals.

You’re flushing out key minerals your body needs for growth, focus, and muscle function.


60
min
Calcium thief.
Phosphoric acid acts like a calcium magnet, pulling calcium from your teeth and bones, then your body flushes it out.
Fragile bones and weak teeth.
Enamel fades and bones lose strength right when your body is growing the most.
Phospohoric acid



Everything comes to an end.

The buzz fades, the crash hits, and your body starts craving another quick fix.



Sleepless night.

Hop on the energy drink train too often, and you're stuck in an endless loop of insomnia.

Ditch the can — your real power-up is solid sleep, good food, and actual movement.

HAPPY END?
You write the script.
How does your story continue?

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