

Confused about the difference between a soda, an energy drink, and an alcoholic beverage?

B E W A R E !



Energy drinks are **LOADED** with caffeine & sugar. Some even have **ALCOHOL** in them!



How do you know if an energy drink contains alcohol? Non-alcoholic beverages **MUST** have **SUPPLEMENT FACTS** listed on the container. Rockstar's new products boast 50% more caffeine.*
 Ingredients can include Guarana, Ginko, Ginseng and Milk Thistle—all stimulants.

*Source: Product Website

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Students Take ALCOHOL
 Alcohol to Task
 MAKING A DIFFERENCE

Be observant and become educated on what young people may be drinking.

B E W A R E !



Energy drinks **WITH** alcohol cost **LESS** than those **WITHOUT** alcohol.

Can you tell which of these drinks contain alcohol?

Alcoholic beverages are Sparks, 3 SUM, Rose, and Rockstar 21.

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Want to know more?
 Check product websites—**SHOCKING!**

To participate in Napa County efforts to reduce Underage Drinking, contact 707-253-6812 or www.catalystcoalition.com



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