

## ***Red Bull Energy Drink And Its Side Effects***

Consumers are now interested in the composition and effects of what they consume. As with most things in life, moderation is the key to consuming the Red Bull energy drink. Red Bull energy drink side effects become a problem in cases where a consumer is drinking the Red Bull in excess, or fails to combine their consumption of the Red Bull with an adequate daily diet.

The Red Bull energy drink side effects are a combination of the mixing of the herbs contained within the Red Bull energy drink with other substances, or medications. Although the herbs contained within the Red Bull are not enough to cause difficulties within themselves, they can prove harmful when combined with a prescribed medication.



The most common prescriptions to cause Red Bull energy drink side effects are acne prescriptions and antibiotic prescriptions. Normally, your doctor will warn you of what to avoid while you are taking your medication, however, Red Bull energy drink side effects are only now being recognized.

Red Bull energy drink contains sugar, taurine, glucuronolactone, B-complex vitamins and caffeine as well as herbs. Although Vitamin B is important for the human body to help maintain an effective defense system in order to prevent disease, it is usually only required if a person is ill, or deficient in that particular vitamin.

Overall, the Red Bull energy drink should be consumed in moderation and more than one, or two drinks a day is not recommended. The risks posed through high consumption of Red Bull include the raising of the energy levels within the body to dangerous proportions, medical complications and allergic reactions.