

Special Issue

Effects and Effectiveness of Energy Drinks on Human

Message from the Guest Editor

We are pleased to announce the upcoming Special Issue “Effects and Effectiveness of Energy Drinks on Humans”. Drinking energy drinks is a growing habit, especially in the young population. This phenomenon is partly due to important marketing campaigns that associate energy drinks with sports performance, supporting the strengthening of the abilities of the subjects. However, it is well-known that energy drinks also have negative effects on health: their intake is associated with the acute onset of cardiac and neurological diseases. These effects are not strictly related to the caffeine contained in energy drinks, as they do not occur in subjects who are regular coffee consumers. It is possible that there is an interaction with the other components that are added to energy drinks (i.e., guarana, taurine, etc.) that enhances the stimulating action of caffeine. Investigating the impact of energy drinks on human health can help clarify whether these drinks can be drunk without risk or whether preventive action is needed, especially in young people. We warmly welcome short communications, original research articles, and review articles for this Special Issue.

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Message from the Editorial Board

Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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