

Four
Loko



Fact Sheet

- ◆ **Four Loko** is an alcohol energy drink that is receiving local and national media attention.
- ◆ Ingredients include: **12%** alcohol by volume, caffeine, carbonation, sugar, guarana, and taurine.
- ◆ **Four Loko** is sold in a **23.5 oz** can and comes in a number of different flavors that mask the taste of alcohol in these drinks, flavors include: grape, fruit punch and watermelon.
- ◆ Drinking 1 **Four Loko** is equal to approximately 5-6 standard drinks, the caffeine in 3-4 cans of Coke, and has an estimated 600-800 calories per can.
- ◆ **Four Loko** has caused students to experience: Walking Blackouts, Hyper-Vigilance, Anxiety, Heart Palpitations, Psychosis-like Episodes, Extreme Mood Swings, Alcohol Poisoning and other dangerous consequences.
- ◆ A study by Wake Forest University found that students who combine alcohol and caffeine are more likely to experience alcohol related injuries than students who drink only alcohol.
- ◆ While alcohol is a depressant and slows down respiration and heart rate, caffeine's stimulating effects can mask the effects of the alcohol consumed, making it more likely that a student will drink more than a student who drinks only alcohol.
- ◆ Alcohol poisoning from drinks like **Four Loko** may be exhibited in similar and dissimilar ways to alcohol poisoning from other types of alcohol.

For More Information, please contact: Student Health & Wellness Center, www.longwood.edu/health