

# Potential Risks Of Energy Drinks In Pregnancy



Adds up extra calories to the pregnancy diet.



Excess of caffeine in energy drinks can lead to low birth weight.



Excess caffeine can hinder fetal heart rate.



Excess sugary content can be harmful to the pregnant woman with gestational diabetes.



Energy drinks containing vitamins can lead to vitamin overconsumption.



Ginseng in energy drinks could be harmful to the developing fetus.

