

# Only some energy drinks change endothelial function

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(HealthDay)—Some energy drinks appear to significantly improve endothelial function, while other energy drinks and coffee do not, according to a study published in the Nov. 1 issue of *The American Journal of Cardiology*.

Janos Molnar, M.D., and John C. Somberg, M.D., both from the American Institute of Therapeutics in Lake Bluff, Illinois, evaluated the effect of three energy drinks and coffee on endothelial function with a device that uses digital peripheral arterial tonometry to measure the reactive hyperemia index (RHI). Six healthy volunteers received [energy drinks](#) in a random order at least two days apart. Drinks studied were 250-ml Red Bull (80 mg caffeine), 57-ml 5-hour Energy (230 mg caffeine), and 355-ml NOS (120 mg caffeine). Sixteen volunteers received a cup of 473-ml coffee containing 240 mg caffeine.

Evaluations occurred before drink (baseline) and at 1.5 and four hours after drink.

The researchers found that Red Bull and 5-hour Energy significantly improved endothelial [function](#) at four hours after drink, whereas NOS and coffee did not change [endothelial function](#) significantly.

"Caffeine does not appear to be the component responsible for these differences," conclude the authors.

**More information:** [Abstract](#)  
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