



In this “go-go-go” modern age, it’s no wonder the popularity of energy drinks is on the rise, especially among adolescents and young adults looking for that late-night boost for studying or staying out with friends, or as a performance boost before a sporting event. However, the Massachusetts Dental Society (MDS) warns that while these trendy drinks may help you stay up later or wake up for an early morning class, they pack a different kind of punch on your oral health. Full of calories, caffeine, and sugar, energy drinks may prove very harmful to your teeth.


Most of these canned beverages are marketed as “high-energy,” claiming to give you a boost in alertness and energy after consuming them. This boost comes from the addition of caffeine, as well as natural substances and vitamins. The drinks also contain a great deal of sugar, artificial colors and flavors—and acids that can wear away at tooth enamel. What’s more, many of these canned drinks are often packaged as two servings, although many consumers

don’t read the nutrition label carefully and will drink the entire beverage in one sitting; so, in actuality, they are getting twice the calories, twice the caffeine, and, potentially, twice the danger to their oral health.

A 2007 study published in *General Dentistry*, a clinical publication from the Academy of General Dentistry, examined the acidity levels of five popular soft drinks on the market and discovered that energy drinks and sports drinks have the strongest potential for erosion of dental enamel. The beverages contain acid, which eats away at dental enamel, resulting in discoloration, sensitivity, and cracks or chips.

If these beverages are consumed frequently, the MDS wants you to know that your teeth will suffer. Therefore, it is important to vigorously rinse sugars and acids from the teeth. And, not to be underestimated, brushing and flossing frequently and using high-fluoride toothpaste and fluoride rinse are all helpful.

If you do consume these high-energy beverages, sipping through a straw and drinking a glass of water afterward can help minimize exposure and damage to your teeth. Water helps by diluting the sugars and acids from the tooth enamel. But your best bet for a healthy mouth is to limit your intake of these beverages.

The Massachusetts Dental Society recommends getting plenty of sleep, eating a well-balanced diet, and exercising as natural ways to maintain energy levels. Walking, jogging, or participating in other cardiovascular activities can have a positive effect on your mood and energy levels. Drinking plenty of water and avoiding overly caffeinated and sugary beverages can help you stay hydrated and focused, and keep your teeth healthy, too. 

For more information on the effects of energy drinks and soft drinks on your oral health, contact the Massachusetts Dental Society at (800) 342-8747 or visit www.massdental.org.