



**FOR IMMEDIATE RELEASE**

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**FOR MORE INFORMATION**

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***Not So Sound Bites—Energy Chews Can be Detrimental to Your Oral Health***

What do sports drinks, soda, and energy drinks all have in common? They all can contain large amounts of caffeine and sugar, and many students will be consuming them in large quantities as they head back to school this fall.

But the Massachusetts Dental Society (MDS) warns that there is a new product on the market that may give you more than a buzz and may also harm your teeth.

Energy chews have been springing up in convenience stores, gyms, and other locations across the country. Touted as more convenient than energy drinks, the pocket-sized treats are individually wrapped, come in a variety of flavors such as citrus-mango and chocolate, and promise to deliver the same amount of caffeinated goodness as a cup of coffee. Each bite has a chewy texture and many are made with sugar, corn syrup, and artificial colors and flavors.

“From a dental standpoint, if these products contain sugars and corn syrup, this makes them similar to sugary or sticky gum and candy,” says MDS President David Samuels, DMD. “They could, therefore, promote tooth decay in those who consume them.”

The chewy treats may enhance your energy level, but since they’re about the size and shape of a piece of candy, it’s easy to overdo it by eating too many. This can eventually lead to oral health issues, such as tooth decay, similar to eating too much candy. Their chewy texture could also lead to loosened fillings or crowns.

If you do chomp through these energy chews, remember to maintain good oral health by brushing and flossing. The MDS also recommends other ways to take a “bite” out of your slumping energy level—such as taking a walk, eating healthy foods, and getting plenty of sleep.

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The Massachusetts Dental Society is a 5,000-member professional association and statewide constituent of the American Dental Association.