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 4-5 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.