



# PARENT ALERT!

HCS

RELAXATION DRINKS: NEW TREND

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According to healthcare and mental health professionals, relaxation drinks are being marketed toward the youth.



“Purple Drank”, “Mary Jane’s Relaxing Soda”, and “Marley’s Mellow Mood” all have something in common. They are all a part of a growing phenomenon that is quickly becoming known as anti-energy drinks. These claim to be quick fixes of instant relaxation and calm that are intended to help people de-stress and unwind. Some of these drinks contain ingredients that are illegal and some that have not met FDA approval. Some of the ingredients are listed as follows: **codeine cough syrup, kava extract, melatonin, and valerian root**. These ingredients work to induce relaxation and produce a mellowing effect on mood. They also mimic the effects of many illegal drugs such as marijuana, prescription codeine and cocaine.

<http://www.cnn.com/2011/HEALTH/02/04/anti.energy.drinks/index.html>

<http://nutritionandwellnessbytes.blogspot.com/2011/07/trendy-bytes-anti-energy-drinks.html>

## Can You Spot the Difference?



## Risks Associated

- ⇒ Drinking relaxation drinks produce sedation and sleepiness.
- ⇒ These products contain one milligram of melatonin which is enough to make anyone sleepy. *Recommended dose of melatonin for a child is .2 milligrams*
- ⇒ Mixing products with alcohol for a stronger effect.

### Common Ingredients in Relaxation Drinks:

- Melatonin**—Controls sleep cycle. Side effects include drowsiness and mental/mood changes.
- Valerian Root**—Sleep aid. Side effects: headaches, agitation and night mares, depression.
- L-Theanine**—amino acid. May cause jittery and anxious feelings.
- Kava**—Said to create a mellow mood. Side effects include potential liver damage.
- St John’s Wort**—Herbal treatment for depression. Studies show many adverse effects when combined with other medications such as for ADHD.



## A Gateway Drug? Relaxation Drinks

Dallas-area addiction experts, who have seen increased numbers of youths abusing cough syrup in the past year or more, are concerned about **Drank**, [a carbonated beverage now sold in convenience stores]. "It's promoting the drug [purple drank]," said Michelle Hemm, director of Dallas programs for Phoenix House, a treatment center for youths. "They weren't trying to disguise what they're promoting."

Janet Henson, manager of substance abuse services for the Dallas County Juvenile department, said one youth with a can of **Drank** told her that he was trying to ease withdrawal symptoms from marijuana.

The 1 mg of melatonin in **Drank** is enough to make someone sleepy - and fast because it's already dissolved, said Dr. Gregory Carter, clinical associate professor of neurology at the University of Texas Southwestern Medical Center in Dallas. He said the valerian [root] likely is not enough to have a strong effect.

"The danger of this is a quick hit in producing sedation and sleepiness, and the other thing would be if they mix it with alcohol," Carter said. He said drinking it and then driving would be dangerous.

<http://www.dallasnews.com/news/community-news/dallas/headlines/20100218-Anti-energy-drink-hard-for-some-3394.ec>

### “Purple Drank”

A slang term, mentioned in rap lyrics, which is a **homemade** concoction of codeine cough syrup mixed with sprite and candy such as jolly ranchers