

# Prime Drink Fact Sheet



Several Australian schools have instituted bans on Prime Energy drinks, as a health risk to students due to its high caffeine levels. The Prime drinks we are giving your child are the **no caffeine, no sugar and no fat** versions

Label at the back says not recommended for under 15 year olds due to high levels of Potassium and Magnesium.

## Potassium

Is a mineral that your body needs to work properly. It is a type of electrolyte. It helps the body in many ways, including regulating heart rhythm, muscle contraction, and fluid balance. It also helps maintain bone health, kidney function, and nerve impulses. Potassium is found in milk, avocados, meat, bananas, soy beans, orange juice, chicken and lentils

The National Institutes of Health RDI (recommended daily amount):

- 4–8 years: 2300 mg
- 9–13 years: boys 2500mg and girls 2300 mg
- 14–18 years: 3000 mg males
- 19 and older: 3400 mg males

A banana contains about 420 milligrams (mg) of potassium – One Prime drink (500 ml) contains 700 mg. **Equivalent to eating 2 bananas**

## Magnesium

Is an essential mineral that plays a vital role in various bodily functions including blood glucose control, and blood pressure regulation and energy production. Found in bananas, nuts, oatmeal, spinach, cashews and steak.

- RDI
- 4–8 years: 130 mg per day
  - 9–13 years: 240 mg per day
  - 14–18 years: 410 mg per day males and 360 mg per day females
  - 19 and older: 400mg males and 320 mg females

30 grams of dry roasted almonds contains 79 mg of magnesium. **There is 124 mg in one Prime drink (500 ml)**

## Sugar

One Prime drink (500 ml) has 2.1g sugar. Coke has 54 grams or 13.5 teaspoons of sugar

## Sodium (salt)

General Recommendation for 14 years and older is less than 2300 mg per day. One Prime drink (500 ml) contains 16mg. Cordial has 76mg per 500ml. Small McDonald's fries contains around 180mg of sodium.

## Conclusion

After research we conclude that the **no caffeine, no sugar and no fat** Prime drink version are fine to give to children as a special treat after exercise.

If you recommend not giving your child the drink, inform us and we will replace it with a Handball as an award