

# the **RED CUP** Q&A

separating alcohol fact from fiction

wildfact

Mixing alcohol with illegal drugs can also be dangerous, and even deadly.

## 3 Things to Never Mix with Alcohol

### 1. Energy drinks.

They contain high amounts of caffeine, as well as other stimulants, sugars, and additives. Mixing energy drinks and alcohol can give you a false sense of soberness – and lead to jitteriness, headaches, and a fast heartbeat. Combining caffeine (a stimulant) and alcohol (a depressant), does not “cancel out” the effects of either substance, but rather causes you to feel less intoxicated than you actually are. This is dangerous because it may cause you to consume more alcohol than you normally would, or originally intended.

### 2. Prescriptions.

Mixing Xanax with alcohol can produce effects that range from mildly uncomfortable to fatal. You can become intoxicated much quicker when taking Xanax while

consuming alcohol. Xanax may intensify alcohol’s ability to cloud judgment and you may easily find yourself making poor decisions that could lead to regret or injury.

Combining alcohol and stimulants, such as Adderall (an ADHD medication), can also be dangerous. This drug combination reduces one’s perception of drunkenness while increasing stimulant euphoria. This distortion in thinking and emotion makes users more prone to make unsafe decisions while under the influence.

### 3. Tylenol.

Unlike most other pain relievers which can be serious irritants to your stomach and intestines, Tylenol is toxic towards the liver especially when taken with alcohol and can cause serious liver damage and death.

Got a question about alcohol? Email it to [redcup@email.arizona.edu](mailto:redcup@email.arizona.edu)



[www.health.arizona.edu](http://www.health.arizona.edu)



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