

# Lives We've Lost To Energy Drinks

The following stories are heartbreaking and represent only a small fraction of the people that we know about that have lost their lives to energy drinks. Many of these stories are shared by family members on a Facebook Energy Drink Awareness Page and unfortunately more stories are added EVERY WEEK as more people find this group. The loss of life alone is unfathomable, but the amount of near-death experiences shared by people is staggering and we know only a small percentage is every reported to the FDA. Please visit this group page to read more personal, real-life death and near-death experiences:

***<https://www.facebook.com/groups/2267567616854201/>***

On April 26th, 2017 our 16-yr old son, Davis Cripe, went to heaven because of an energy drink. It's still unbelievable to me that it happened and everyday I wake-up hoping this nightmare is over, but no such luck. Davis was such an amazing kid, loved his drums and had big plans. He was strongly against drugs and alcohol and even helped others at his school stay away from them. Which makes this so much harder, because energy drinks are legal. We had discussed how unhealthy they were, but he, nor us would have thought just one of them could be fatal. We didn't buy them for him and he didn't drink them regularly, but I do know he had drank them occasionally. On April 26th he chugged one before he went into class and it sent his heart into an arrhythmia that they couldn't bring him back from. Just like that our lives were shattered. Fine one minute and 10 minutes later he is heaven.



Davis Cripe  
16 yrs old

So many people say it won't happen to me, or I've been drinking them and it hasn't affected me - I'm telling you and we are proof that it can happen at anytime to anyone. And the problem is you are fine, until you aren't fine and then it's too late. There are extreme, dangerous amounts of caffeine in these drinks, but the additional herbal ingredients are also causing the problems. They are unregulated and there are thousands of people going to the hospital every year because of their effects. One of the worst parts is that most of this goes unreported to the FDA or anyone so the destruction just continues year after year.

Davis' story was carried on the national news and even garnered international attention. Right now, in the spring of 2019, we are working to get laws passed in Indiana and South Carolina that will make it illegal for persons under the age of 18 to purchase or consume these beverages. This would do a number of things: 1. Remove the immediate access our children have to the drinks. 2. Remove them from vending machines. 3. But most importantly serve as an education tool for our youth and adults alike. Every major medical association says that our adolescents should not be drinking them. The American Beverage Association (which represents the manufacturers) says they should not be marketed to kids and some of the beverages are even labeled that they aren't for consumption by children - so why in the world are we letting them buy them? It doesn't make any sense.....No matter how much we talk about the dangers the vast majority of people think they are safe because they are legal and they think - Well, if they weren't safe then they wouldn't allow them to be sold - obviously this is false and by fighting state-by-state with our local Representatives we are hoping to wake-up the FDA to their dangers and force them to act and impose national regulations.

You can read more about Davis' story just by googling Davis Cripe and if you would like to keep updated about legislation or support us in our cause please visit my page at ([facebook.com/seananddaviscripe](https://facebook.com/seananddaviscripe)) Sean Cripe. I am only using that page for updates about our fight against these drinks. There is information on here about how to contact your Indiana legislators if you live in that state, because the committee is considering then bill right now (Feb/March 2019). It is Indiana Senate Bill 369.

Lastly I would like to add that Davis had given his life to Christ a few years before this incident and the Lord has shown us that Davis is in heaven with Him. We know he is in a perfect place now and he is experiencing all the amazing things that the Bible has promised, but we sure do miss him here on Earth. If you are reading this and you don't have a personal relationship with Jesus I invite you (I beg you) to get to know Him, to learn about Him and to experience His forgiving grace, and then ultimately to understand and believe in His promise of eternal life. Davis helped lead people to Christ while he was here on earth and I believe he is still doing God's work now through his story. Thanks again for your time and God Bless.

Sincerely,  
Sean & Heidi Cripe  
Chapin, SC



Alex Morris  
19 yrs old

Alex Morris was just 19 yrs old when he lost his life to energy drinks. Alex consumed at least two 16 oz. cans of a leading brand energy drink in the 24 hours preceding his death, and at least two 16 oz. cans of that same brand per day during the three years preceding his death. He started consuming energy drinks on a regular basis from the time he was 16 yrs old.

This case is one of the MANY cases that has been settled for millions prior to the start of trial. The company made a statement when the suit was filed saying :

“There is nothing in this lawsuit that links the death of 19 yr old Alex Morris to the consumption of energy drinks”.

“This lawsuit is yet another example of how plaintiff lawyers can make money on allegations in a lawsuit, regardless of whether or not there is factual basis for that allegation or allegations”.

If they truly believe that, why do they not “fiercely fight these accusations in court” like they proclaim they are going to do in almost every press release for every suit filed against them.

Instead they settle these cases for millions of dollars prior to the start of trial and strong arm these families into strict non disclosure agreements so the public doesn't hear all their dirty secrets. This company has only actually taken one case all the way to trail and that defendant survived and lost his case. That case is the ONLY case they have successfully fought

Alex's mother Paula can not speak on her sons case due to a non disclosure agreement.

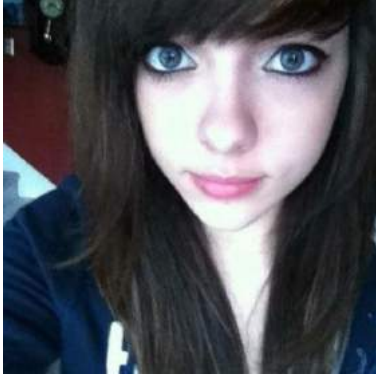


Travis Humphreys  
21 yrs old

On Friday may 11th 2018 I got a phone call at about 7:45am that changed my life forever...My 21 year old son had died..No health conditions... never sick with more than a cold...official cause of death was cardiac arrhythmia due to monster energy drinks...he didn't drink that many..maybe one or two a day.. but that was all it took...2 days before mothers day and 2 weeks before his 22nd birthday...this Thursday he would have been 23 years old...I know it's unrealistic to expect to get rid of them all together but they really need to have better warning labels and age restrictions...it blows my mind that a 10 yr old child can walk into most stores and buy one..maybe they aren't dangerous for everyone but they are dangerous to enough people that they need to be regulated somehow...My son is gone and nothing will bring him back but it makes me cringe to see parents letting their children have these and people who just won't listen about the danger...it's real I've got the death certificate to prove it.

My beautiful 14 year old daughter, Anais (pronounced ah-neece).

On December 17, 2011, around 8:30pm, my daughter's friend ran down the stairs to tell me that something was wrong with Anais. I went up the stairs, and saw her slumped onto her side on the couch. I sat next to her, tapping her cheek, and calling out her name. She gasped, and her eyes rolled back. I immediately moved her to the floor and realized that she stopped breathing. I started CPR while dialing 911. While it seemed like an eternity, EMS arrived about 10 minutes later. It took them 4 different shocks with the defibrillator to stabilize her. While they worked on Anais, I questioned her friend about their activities while they were at the mall a few hours before this happened. He swore that they didn't do anything bad, except for buying an energy drink.



Anais Fournier  
14 yrs old

I would never allow my children to have those drinks, because I imagined they had a lot of unnecessary chemicals in them. When we arrived at our hospital, I asked if the energy drink could've caused this. The doctor said, "it could have, but we aren't sure...". After a few hours of getting her stabilized, we flew to Johns Hopkins Hospital. Over the next 2 days, I sat with my coma-induced daughter as she was packed with ice, in order to bring her body temp down to 93 degrees. This enables the brain to rest, after oxygen deprivation. After 48 hours, they attempted to bring her out of sedation. But, after her blood pressure spiked to an extremely high level, and she exhibited seizure-like activity, they put her back under sedation for another day. In the next couple of days, I watched as my daughter's heart rate became more erratic, her left lung collapsed, and her seizure-like activity continued. Eventually, her pupils fixed, and she no longer had a gag reflex. Her brain stem was no longer functioning. On December 22, the JHU doctors took us to a conference room where they proceeded to tell us that my lovely, kind, and intelligent daughter was brain dead.

Protocol states that an assessment must be done in 24 hours to confirm brain death. At 5:37pm, on December 23, my 14 year old baby, who was always so full of life, was declared dead. She had never regained consciousness since the cardiac arrest. Anais always wanted to help everyone, and on Xmas eve, she gave her last gift to this world. She donated her organs, and saved the lives of two people, as well as giving the gift of sight to two individuals who were blind. On Christmas Day 2011, while everyone else was opening gifts with loved ones, Anais was having an autopsy. I advised the coroner of her activities the day before, and the day of her cardiac arrest. I believed, wholeheartedly, that the energy drinks were to blame for her death. The week I spent by her bedside, at JH, I did a lot of research on these "beverages". When the death certificate was filed, Anais's cause of death was listed as "cardiac arrhythmia due to caffeine toxicity...". Please speak to your friends and family about these dangerous drinks! It CAN happen to you!

I have been fighting this industry for over 6 years. After taking a much needed mental break, I'm ready to continue. It's an uphill battle when you're fighting a billion dollar industry with one of the biggest lobbies in the U.S. (American Beverage Association). My daughter's death will not be in vain!

Well let me tell you my story, and to start with, if you are weak at heart, this story may NOT be for you, see my story does NOT a happy ending, sorry if I ruined it for those that like to read the whole the story.

Nine years ago, my 19-year-old son Andrew James had been at home sleeping and his cousin came over said get up and let's do something so they decided to go to see a movie. They headed into town after going to Taco Bell to get something to eat, saw a movie and stopped by his brothers for a short visit.



Andrew James  
19 yrs old

On their travel home about a 30-minute drive, they stopped by the local store to grab a drink, he asked his cousin if he had ever had a Monster Nitrous and his cousin said yea, I have tried one, so my son grabbed one to go. See my son was a frequent drinker of these Energy Drinks, mostly Red Bull but decided on another type drink that night. From the store, they drove about 8 minutes and went past my house to a friend down the road, as they arrived my son said he did not feel good, stepped away from the car and threw up, then walked over to his friends and told them something was wrong, his eyes rolled back and he began to convulse. As hard as his cousin tried, he could not get my son's heart to start again, instantly he was gone. Although rescue was called, and he was taken to the hospital, all attempts could not save my son. My son lost his life for that one last Energy Drink on January 19, 2010. Two days after losing my son I told the boys to tell me what made my son die, I am thinking some sort drug right, kids don't just die at 19 years of age or after going to the movies and eating Taco Bell..... correct, they don't. The two men that were with him when he collapsed brought to me a Monster Nitrous and sat it next to me and said 'this is what killed Drew'.

I had a healthy 19-year-old son, but that has been stolen from me, it took them from January 19 until April 1 to give me the full autopsy report.... the results, thickening of the heart, cardiac arrhythmia, REALLY almost 3 months and you are just now seeing this thickened heart, I think not and also look at the cause of death for all the other stories in here.

Since that day, I have been voicing my opinion regarding the dangers and it was not until Jim Shepherd found me and had the same story. Today, 9 years later, look at all the stories, it is sickening and breaks my heart.

I know you don't think it would happen to you, but it can and it did to me just months after telling my husband, look we made it, both of our boys finished school and they are on their way to being nice young men. Please don't let these drinks take away your life! PLEASE HEAR OUR CRY!



Brian Shepherd  
15 yrs old

Eleven years ago today, was the day I lost a vibrant, healthy and much loved 15-year-old son. Just as Cassandra Carbajal Reynolds suspects in her husband's passing, in my heart I believe that my son Brian would be alive today if he had not consumed an energy drink, which was reportedly provided to him as a sample from Red Bull representatives, at a sporting event he was competing in.

Brian participated in competitive sports from a young age. Having recently been chosen to compete on a sponsored paintball team, Brian and his teammates were tied for first place in the tournament that day. First place prize was \$1000. His team finished second place overall and was waiting for the awards ceremony and a victory team dinner, when he collapsed. The tireless efforts of first aiders, paramedics and emergency room personnel could not correct the arrhythmia that he succumbed to several hours later.

Extensive testing was conducted after Brian's death, but the cause of the arrhythmia that took his life was never determined. The consumption of what is believed to be the first energy drink he ever tried was the only thing different that day than any other day. I suspect that the combination of being fatigued, playing a competitive adrenaline rushing sport, not being a regular consumer of caffeine, combined with not consuming lunch that day, all created the conditions for the stress of a perfect storm that affected an otherwise healthy individual. Cassandra and I are not alone in our suspicions, I have communicated with a large number of families from around the world that share similar tragic stories and have to live with the questions that my family does. Some of them include: Cheryl James, Yves Plourde, Wendy Kline, Jane Smee, Mark Tilinghast, and Shani Clarke just to name a few.

Since Brian's death, I have done extensive research and continued to advocate for proper regulation of these suspicious products with all levels of government here in Canada, and abroad. I created an FB awareness page to promote awareness and share my research. These drinks are far from being proven safe; on the contrary, a growing body of evidence suggests that energy drinks may pose a serious public health threat.

We need to protect our children and youth from these potentially dangerous products through a ban of sale to minors. Further, legislate marketing and advertising restrictions to those under 18 years alongside enhanced product warning labelling, so that adult consumers are alerted to the potential dangers these drinks pose.

It is my wish that no other family will have to live with the questions that mine does, sadly, I continue to hear more reports of deaths and serious adverse reactions in the media. I appeal to everyone reading this to petition politicians to legislate appropriate regulations. If you have had an adverse reaction and suspect the energy drink, please report it to the health authority in your country. Of the large number of people that I have contacted world-wide, only two had initially reported their suspicions to the health authority in their country. Health authorities estimate that adverse reports are severely under-reported. From my research under-reporting is an understatement.



Anton Omelin  
25 yrs old

The family of a 25-year-old found dead in the bathroom of his Fife home has sued energy drink companies in connection to the death.

Anton Omelin regularly drank Red Bull, NOS and Monster beverages before he died Oct. 30, 2014, according to the lawsuit. His wife, Anna Omelin, alleges her husband drank at least four 16-ounce cans a day.



Christopher Bethune  
35 yrs old

Hello this is my 35 yr old son Christopher Bethune who lost his life March the 12th, 2019.. About 3 yrs ago he went into AFIB and his heart had to be shocked back.. He was told the energy drinks had contributed to this.. He got off them and was doing well until recently and he began drinking them once again.. On March 3rd I received a call asking me to leave Huntsville Alabama for Vanderbilt Hospital because he had had a stroke that shot a clot to his brain... They were able to remove part of the clot then two days later they had to go back in and remove his cranial flap and put a drainage tube in..We were told his heart was in the shape of a 77 yr old man.. The stroke affected his right side he had absolutely nothing as far as movement , speech etc... and then on March 12th he passed after we had to make the decision to unplug... These drinks should be taken off the shelf as far as I am concerned....



Danny Shelton  
35 yrs old

On Jan 16th of 2017 my dear sweet husband left for his first day actually on his new job. He was on his way home around 2pm, when he went into cardiac arrest and impacted a tree head on. He was less than 2 mins from home. My late husband worked full time at Walmart and did another job during the day. He lived on monsters and red bull to make it through the day. He also was a die hard power lifter. Worked out almost every day. Used a pre-workout before every gym session. Danny was a hard worker and was just trying to provide for his wife and 3 kids. When he passed our kids were 8, 5, and 5 months. I fully believe his energy drinks and pre workouts played a big part in his cardiac arrest. Danny Shelton age 35



Brittany  
31 yrs old

My daughter Btittany died after drinking Monsters, she was on life support for 13 days. She left behind five young children at the age of 31. She was a donor, they were able to use her kidneys and liver. Her heart was badly damage.



Buddy Lowe  
31 yrs old

I really mean it when I tell you, that I hope and pray That you never know how I feel each and every day. I love and miss my baby ,my one and only son, the Daddy to my granddaughters, the one I lost to Energy Drinks on February 11,2018 Buddy Lowe. I got the call from his fiance that she thought he was having a seizure so his father and I rushed to his house to find him not breathing. Started CPR immediately and done it until help arrived. He never regained a heartbeat. Sudden cardiac arrest. An autopsy was performed because he was a healthy 31 yr old electrician at a Nuclear plant whom had never done drugs and had no health issues, He left behind 2 little girls and a lot of family who love and miss him. I beg anyone who reads this to heed the warning....it can happen to ANYONE and I hope to spread this warning all over the world. God bless all of you who share my pain...please share my heartbroken life....This is my son holding an energy drink just days before he died. ...



Marisa's Loved One  
33 yrs old

I had a loved one that was 33 years old serving in Afghanistan drinking monster and was told to drink more to stay awake at night. He was found on the side of the road while he was doing physical training and they couldn't bring him back. He was a perfectly healthy and we talked to him an hour before. A friend of his. Is the one that told us about what they made him do with the monster drinks! So very sad...





Cory Terry  
33 yrs old

Cory's family can't speak out because they have a Non Disclosure Agreement with Red Bull so I will post Cory's story.

Cory Terry was healthy and active 33 year old construction worker from Brooklyn and father to a 13 year old son. He played basketball in his spare time, and regularly drank Red Bull looking for that extra energy boost.

On the evening of Nov 8, 2011 Cory drank a Red Bull in between basketball games at a school near his home. Moments later, he was light headed, went into cardiac arrest and collapsed on the court. He was rushed to a medical center and later pronounced dead. His family filed a \$85 million dollar lawsuit in which Red Bull settled before trial... much like they always seem to do.

If energy drinks are safe like the companies claim, then why are these companies constantly paying out hundreds of millions of dollars in settlements when all they have to do is go to trial and present their evidence that these drinks are safe. Because they're NOT SAFE and THEY KNOW IT!!!!



Dustin Hood  
19 yrs old

19 yr old Dustin Hood lost his life on Jan 17, 2015 to energy drinks.

Dustin was visiting family for the weekend and between the hours of 4:30 p.m. on January 16th and 1:30 p.m. on January 17th Dustin consumed 3.5 cans of Monster Energy Drink. During the early afternoon on January 17th Dustin went to play basketball with his cousin at a nearby school. During the game, Dustin collapsed and fell face first on the concrete basketball court. He was unresponsive and an ambulance was called immediately, arriving about 10 minutes later. Upon their arrival, Dustin was defibrillated and ultimately transported to the emergency room at a local hospital.

Dustin was pronounced deceased on Jan 17, 2015 at 2:52 p.m. According to the autopsy report Dustin suffered permanent injuries. Stated in the autopsy report and death certificate, the cause of death was cardiac arrhythmia.

Dustin's dad is in the middle of a lawsuit and can not speak out. This company has had numerous lawsuits. They have settled every single suit before the start of trial with the exception of one case. That gentleman suffered a stroke and thankfully survived but was not able to prove in his case the stroke was solely caused by the energy drink. I think it's speaks volumes that out of the numerous times they've been sued, they only had one case they felt confident in taking to trial. They settle all the other cases paying out hundreds of millions of dollars to bereaved families. Why are these companies continuously paying out time and time again if they are innocent like they claim in every single suit.



Jedidiah Logan  
29 yrs old

My beloved brother Jedidiah Logan passed away at 29 yrs old in his sleep, heart failure.. and he drank energy drinks like they were his soul food, he worked in a hot factory many hours and often drank energy drinks to make it through the days.. I havent drank them since 2012 when i learned of the damages and health risk...even death..



John Reynolds  
41 yrs old

My healthy husband, soulmate, best friend and father to our 3 little boys lost his life due to energy drinks. My husband worked nights and drank one can a day, occasionally two in order to help keep him awake at work during his night shift. John was a healthy, fit 41 yr old with no underlying health issues. He suffered a heart arrhythmia which lead to an anoxic brain injury and ultimately brain death. Read our full story at the link below and PLEASE share it and help us spread awareness about the VERY REAL DANGERS of these drinks.

A teenage rugby player who died in his sleep had been boosting his workouts using a high caffeine energy drink called Animal Rage, an inquest heard.



Joshua Merrick  
19 yrs old

Joshua Merrick, 19, from Manchester, had just completed an intensive fitness medical to join the Royal Navy and was on a work trip to Glasgow with his father when he was found dead in bed in a hotel room.

Tests after his death revealed he had an enlarged heart, which could have been caused by excessive exercise, a doctor told the hearing.

He had also been drinking the energy drink Animal Rage ahead of his workout.

Dr Gwen Ayers, who conducted the toxicology tests, said she could not rule out the possibility that high-caffeine drinks could have contributed to Joshua's death, but said it would depend on complications linked to his large heart.



Jr Shaver  
33 yrs old

This is my sweet husband Jr Shaver The best husband and dad you could ask for. Seriously I hit the love lotto with this one. He drank monsters and redbull all day. 3 a day probably. He starting having a lot of back pain. It would start in his back, go to his chest, and his jaw would clinch up. It got so bad I took him to the er. They didn't check his heart just told him he was having an anxiety attack. He continued drinking the monsters. When his back would really hurt he would seeing laps in our pool. May 19th 2018 was like any other day. Friday long work week back hurting. We all went swimming. We have 5 kids and had my 2 cousins down to visit. It was late we all went in except my husband and my cousin. Finally I went out to pool and said hey I can't sleep without you my love come in please. Got a kiss, my husband said yes ma'am I'm coming honey. 5 minutes later they still hadn't come in. I went in guest room my cousin was there I was like where's Jr? He said he was getting out is he not in the room with you? I looked not swimming. Went to his man cave not there. I went back by pool and he is at the bottom. I jumped in, got him out started cpr screamed for my cousin and called 911. Cops came, ambulance came, tried bringing him back it was too late. At 33 he passed away. At 33 I'm a widow. My 5 kids are without a dad. It took 2 months to get an autopsy back. Heart attack. Hit his head and fell in the pool. These drinks don't have warnings like they need. He would have never drank them if he really knew what could happen. Please of you are drinking these drinks leave them alone! Your family won't be okay. I sadly know.

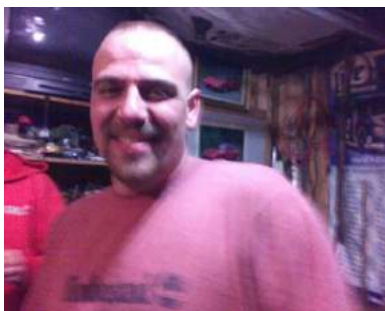


Lanna Hamman  
16 yrs old

16 yr old Lanna was having fun vacationing in Mexico with friends, when her mother received a call she never expected.

Her daughter collapsed, went into sudden cardiac arrest and was now dead. Lanna had been drinking energy drinks while on the beach throughout the day. The friends who she was traveling with told her mother that Lanna was not drinking any water.

The medical examiner in Mexico found after the completion of her autopsy, energy drinks were a contributing factor in her death. "Lanna loved Red Bull. She always had it in her hand," said her friend Brandi.



Larry Hively  
33 yrs old

May 17, 2008 my husband age 33 was drinking Red Bull. He was a healthy young man. We had our life ahead of us. We had 2 children, 2 dogs, and 2 cats. I was studying to become a nurse. Well that night my husband was not feeling great, he felt tired. I asked him if he needed to go to ER, he said he'd be fine. They decided to drink jagger- bombs ( alcohol and red bull) . My husband went to sleep, and the next memory I have was of him standing over me struggling to breathe. He fell to the floor, the rescue workers arrived. His heart had stopped. They took my husband to ER, 2 hours, 16 Epis, 16 shocks to his heart, they brought him back. But it was too late, his brain was dead. His organs were failing. After eleven days on life support, we made the difficult decision to remove him from life-support. On June 9, 2008 @ 11:57 PM Larry died. We were told energy drinks have been known to harm the heart and may cause death. Our son is now 22 and I try to make him understand its a dangerous game he plays drinking those drinks. I believe they need removed from the market, instead the companies are creating more flavors, and stronger caffeine.



Colton Overcast  
21 yrs old

Hello everyone thank you for the add. I am 19 years old and that man you see you standing next to me in the pictures is my boyfriend of two years. My boyfriend, Colton Overcast who passed last month May 7 due to an energy drink. He had left my house feeling fine that night and for whatever reason decided to drink one. He drank them often. this one energy drink sent him over the edge. He had a heart attack. At 21 years old. Because of these energy drinks I will never get to call this man my husband like we had planned. We will never get to have a baby like we planned. The time we spent planning our wedding is all I had to remember rather than a wedding itself. It makes me sick to my stomach that companies are out here advertising with several different delicious flavors making them seem like a saving grace when you need a boost of energy for a good work out or just to simply get through the day but they don't bother showing how much damage they caused and what they can do. Because of these drinks so many people are left without their loved ones. This has to stop and be brought to peoples attention. Colton Overcast We love you.



Warren Scott Carr  
42 yrs old

My 42yr old husband of 12 years and father of 2 boys drank Monster and Rockstars since 2011. He would stop by the gas station on his way to work and get a couple because he liked the taste and it helped him with an energy boost. He was home in bed when he felt a PoP in his neck and felt pain wrap around his chest. He is not the kind to say take me to hospital but that night he did and I am glad. We live 5 minutes or less from the hospital so I drove him. He had high BP prior so I kept telling him to not drink energy drinks so I told the doctor that and his BP was low for him so they did a CT scan and found the heart anourysm. He was life flown to a bigger hospital from there. The Doctor and everyone didn't expect him to make the flight but He did. He had an anourysm in Nov. 28 2017. Later found out that his other arteries are dissected to extensive for any other surgeries. There is a lot I left out cause its so bad. He has to have some assistance doing his normal everyday things and has to have a wheelchair when going out to shop etc. Please don't drink any energy drinks of any kind. It only took him one or two a day.



Mick

This is my son Mick, he was so fit, use to run 10km a couple of times a week, never smoked or was overweight. He was my best friend as well as my son as I was only 19 when I had him, so we sort of grew up together, we use to go out together when he was old enough. my heart shattered the day he died, and it will never heal.



Michael LaPlante  
31 yrs old

“My daughter and I were camping with her family at Crooked River when she got the call. We had been eating dinner with the church group that was there.

‘Mom, come here,’ she said. I replied, ‘Just a minute.’ She yelled louder, ‘Mom come here NOW!’ She was off to the side. She handed me the phone and said, ‘Michael is getting CPR.’ I had to have her repeat what she said. The neighbor said they had been doing CPR on him for at least 20 minutes and they couldn’t get his heart to restart.

‘What happened?!,’ I asked. Cooper said he was unloading the boat and collapsed, and that the EMTs had shocked him 3 times already and were now loading him into the ambulance to head to the hospital. It didn’t look good.

I was in shock. I couldn’t believe what I was hearing. My friends asked what happened. I couldn’t speak. My daughter told them. All of them gathered around us and prayed right there. We asked for Michael to be saved and not taken away from his wife, 4 small children or his family. It was then they all pulled in together and loaded my trailer and gear into my truck to get me on the road home. I was 3 hours from home.

Just as we were about to pull out of the camp, Tiffany got another call from the neighbor. They were at the hospital and we got the news. He didn’t make it. My young son of 31 had died. His poor children. What would we tell them? He has sons ages 7 and 6, and girls ages 2 and 5 weeks old. Yes, only 5 weeks old and with medical problems.

We called Cooper again to see what had happened. His wife was unable to speak. It was a very hot week, running in the 90’s all week. My son Michael had started drinking energy drinks about 3 weeks earlier. I found out later he was drinking 2-3 a day. It was 95 degrees the day he died. He had been out on my boat with one of his sons and a friend of his tubing all day. We found 2 empty cans of the energy drink in the boat and a gallon container of water with only about 6-8 ounces missing. He had come home and was unloading the boat when he stood up and told his friend ‘I feel off’ and collapsed.

The state medical examiner did an autopsy but found absolutely no physical reason why he died. He was in perfect health and had nothing wrong. He had a healthy heart, healthy lungs, and healthy brain. Nothing was wrong. His stomach contained no food but it did contain 80 ml of red, sludgy fluid that matched the energy drink he was drinking that day.



Paris Kamper  
15 yrs old

A TEENAGE girl who sourced an alcoholic recipe online has died after consuming a cocktail of alcohol and energy drinks.

Paris Kamper, 15, was found unconscious at a home at Kenthurst, in Sydney's northwest, on Friday, June 8.



Ralph  
52 yrs old

My brother who was 52 years old and healthy woke up one morning in October of 2015 and told his wife he was dizzy...he was taken to the couch where he passed away....CPR could not revive him..we were told he had a massive coronary event. He was healthy and ate well .didnt smoke...went to the gym. He drank energy drinks daily...he had tons of empty cans in his truck..i believe this is what made his heart fail. He was addicted to them. I grieve everyday over losing him.If i could only of warned him beforehand.



Sean Patrick O'hara  
21 years old  
Died 12/02/2007

If my nephew was still alive he would tell you that. He had EKG and heart had NO underlying conditions, he was very athletic. 21 years old. It isn't just caffine that is in them, RED BULL is the ones he drank. I know from experience myself, i drank 1 daily and developed PVCs and was put on a heart monitor for a month. It took over a year after stopping drinking them to get my heart beat back to normal. Athletes are at higher risk due to being more likely to become dehydrated. Dehydration and energy drinks make for a deadly cocktail. Even taking cold medicines and drinking them can be dangerous. These are simple things that can land you in the morgue. My beef is that children should NEVER have them and they need warnings, just like cigarettes. I mean seriously, there are countries that have banned the sale of energy drinks completely, why do you think that is if they aren't deadly?



Shane Felts  
42 yrs old

In June 2012, a healthy 42-year-old Kansas City man named Shane Felts died after consuming one Monster Energy drink a day for just two weeks. His wife filed a wrongful death lawsuit against Monster in 2014, reaching an undisclosed settlement in the Spring of 2015



Taylor Smee  
20 yrs old

This is Tayler who was a healthy, fit, happy, hard working, caring and generous young man. We now know he had NO UNDERLYING health or heart issues. He was 20 years old. We thought Tayler didn't drink 'energy drinks' after one of his close friends ended up with heart trouble from drinking them and ending up on medications for the rest of his life. Tayler was still drinking the occasional can on his walk home from work. He walked the 2.5km journey to work early mornings and walked home (up hill) in the afternoons.

On the 17th of December 2012, I went into Tayler's bedroom to wake him up thinking he had a good sleep in after a busy weeks work. I can't begin to tell you what it is like to find your beautiful son dead in his bed.

Since that day our family has been involved with Coroners, forensic police, cardiologists, medical research institutes, doctors, numerous tests on Taylers siblings and ourselves and genetic testing to try and help with future research on how 'energy drinks' are causing deaths.

We are not here to tell you what to do. We are here to tell you what has happened to our families and if we can save just one family from going through this living Hell and deter your loved ones from drinking these 'Russian Roulettes' in a can, we have done our job as caring human beings.



Cyndy Crum's Niece  
26 yrs old

This is my beautiful 26 year old niece. She left me on Aug 15 2018. She also left behind a beautiful little 4 month old baby boy that will never know his mommy or how long she waited and wanted to have him. I got the call while I was at work. My 71 year old father found her but couldn't bring her back because her aortic valve had busted. She had just started back to school with a new baby and was drinking Monster drinks like they were water. She bought them by the case and was drinking one when she died. To say I miss her with every once of my being is an understatement. She was my best friend...the daughter God didnt give me. If you are drinking these drinks PLEASE STOP. I know if she would have any idea that what she was drinking would have taken her from her baby and her family she never would have drank them.



Trevor Dylan  
20 yrs old

My name is Donnette Simons and this is our son Trevor Dylan. This is our story and why I am asking everyone to rethink drinking energy drinks and definitely not let their children have them.

Trevor Dylan had never had any type of heart problems. Because of his work being so hard he began to drink energy drinks more than he used to he drunk approximately 1 to 2 a day to make sure he could keep up for his job.

On Fri. June 9th 2017, Trevor Dylan called his girlfriend told her that he loved her and could not wait to come in on June 17th to meet her mother and bring her to meet his family. Trevor then called me and left a message on voicemail because I was at work to let me know that he also loved me. He then told his roommate that he was going to lay down and take a nap before they went back to work.

When Trevor's roommate woke up took his shower got dressed and went to wake Trevor up he was unresponsive. His roommate then called the boss which came down and try to wait Trevor up and they called an ambulance. Because I was at work when one of my best friends and husband came to get me. I have to tell you it was one of the worst days of my entire life. My friend told me they had found my son unconscious in his motel room in North Carolina and they were doing CPR and I needed to get there as soon as possible. It was a seven and a half hour drive from where I was at in Alabama. As I clocked out and went to walk out the door to start my trip, hoping to get there at the hospital to give all medical information, Trevor's boss's wife came in. She handed me the phone, his boss started asking me information and I was thinking that he had made it to the hospital. After answering questions I was told that Trevor had not made it. I don't remember much of what happened after that other than getting halfway to North Carolina walking into a gas station and completely absolutely breaking down in tears.

When I finally made it to North Carolina I was unable to see my son. He had been taken an hour away to do an autopsy. I met with the detective with my son, daughter and husband to find out what they thought had happened. I was informed that they had ruled out Foul Play and suicide. However that is all they could tell me on that Saturday. (However just a couple months later I am given the autopsy report that my son had a massive heart attack caused because of overdose of energy drinks.) Monday, June 12, I was informed that I could see my son. I don't even know how to explain to you what it felt like to walk in and see my baby boy lying there lifeless.

Trevor didn't just leave behind his daddy two sisters and two brothers and I. But also a two-year-old niece that thought the world of him and a three month old nephew that will never know how much Uncle Trevor loved him. You may all think that energy drinks are okay and not dangerous but I am here to tell you that I am a broken-hearted mother that is trying to get the word out just how dangerous they can be.

Trevor was a 20 year old healthy young man that only drunk one or two a day and had a massive heart attack because of drinking energy drinks.

On July 22, 2017. Trevor would have been 21. But instead of celebrating with him We made Memorial obituaries with his picture and released balloons.





Rebecca  
Godfrey  
Whittington  
(Mom)

My son age 31 y 11 m and 11 days died from energy drink 1 yes just 1 monster drink and left 2 small children behind 4.8 years ago and our lives were changed forever from something that could have been prevented. Then this last Sunday my niece that is 32 had 1 monster drink and ended up on life support after she quit breathing in route to hospital. She will survive but now Has pneumonia from aspirating her vomit while unresponsive and now has MRSA in her lungs and is fighting a battle in ICU. This is just way to much for me to understand or bare. They need to be OUTLAWED Period.  
- Rebecca Godfrey



William Wade  
41 yrs old

In 2014, a Savannah, Georgia man named William Jacob Wade suffered a fatal aortic dissection after consuming Red Bull. In March 2016, Mr. Wade's mother filed a \$35 million wrongful death suit against Red Bull. The complaint says, "Red Bull was a substantial factor in causing Mr. Wade's death." This case is still active.



Frankie  
31 yrs old

My brother Frankie was an energy drinker. He worked overnights and would drink red bulls regularly, in addition to iced coffee during the day. He passed away of a sudden heart attack at 31 in 2018. While cleaning out his apartment we found pre-workout as well. He had no underlying health issues. A few months before he passed he had gone to the doctors complaining of chest pain. Because of his age and his overall good health, they sent him home. I miss him every day and hope that caffeinated products will be strictly regulated in the future - Samantha Gasboro



Brett  
Holmstedt  
41 yrs old

I would like to share my story. My boyfriend at the age of 41 died of a sudden heart attack on the way home from work Feb 19 2019. He had no prior health issues. He worked different hours since he was a trashman. Sometimes going to work at 2:00 am. Brett was addicted to monsters drinking 3 to 4 a day. I tried to have him slow down and he tried but he would get headaches and start all over again. I know Monsters took this handsome man from us. Please watch out for your health!!! It does take good people. He was an amazing man and father!!!

## I Survived!

At 38 years old last month I suffered a heart attack. I had to have 4 stents put in and one of my arteries was chronic so they couldn't fix it. I was an avid Red Bull drinker and it was posted all over my Facebook wall. A lot of people warned me but I didn't listen. May 2, 2019 while coaching a 7/8 year old girls softball game my heart attack hit me. I had to be air lifted from that very field with all my girls watching and crying. I had a Red Bull that day. And all I drank every day was 1 of the small 8.6 oz version. My family has 0 past medical history of any heart related deaths or heart attacks. I am a month off red bulls and cigarettes and I feel better now than I did before the heart attack. I always laughed off "Oh those things will kill you". I would say got to die of something or they giving me eternal wings.....yeah they almost did for real. I almost left behind a wife and 4 kids for a small boost of energy. I still miss them today a month after drinking them. My heart is so irregular now I am scared to even attempt to drink one. That's my story from a simple man that works a 7-3pm job and a softball coach. I hope it helps someone.



Ryan Queen  
38 yrs old

## I Survived!

A Monster drink stopped my heart. I landed on the glass I was carrying and a chunk punctured my jugular. Bp was 70/40 when paramedics arrived and it kept dropping lower each time they raised my arm to take it and I'd pass out...lights out. I broke my cheek and jaw in that fall and got TBI too. Here's a pic of my neck the day after.



Tara Mundorf

When I say the lights went out, I mean white light. Like the white light when you're dying. I couldn't see, or speak and my hearing was like hearing someone at the end of the block and they were screaming right next to my head while applying pressure, and then I collapsed in my friend's arms and saw white light. They say your hearing is the last to go when you're dying. And the voices I mentioned wasn't from anyone in physical form. I'll tell you though, when I saw white and first voice came, all of my pain was gone. I had a concussion from my head bouncing off a butcher block table and then the stove before it slammed onto the floor. I should've been in pain. But I wasn't. The pain was suddenly gone. I know I was dying. Boy did the pain return when the paramedics were there!

If I can change one person's energy drink habit, I'll be pleased. If I change 10, I'll be happy. If I change 100, I'll be excitedly happy. But more than anything, it'll mean the world to me if I can save at least one person's life.