

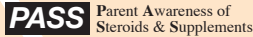
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Possible signs and symptoms from the use of anabolic steroids and/or steroid precursors

- Large gain of muscle mass in a short period of time
- Dramatic changes in personality such as moodiness, aggression and hostility
- Growth of breast tissue in males
- Increased acne, especially on the back, face and chest
- Facial puffiness due to water retention
- Needle marks on the body
- Increased blood pressure and heart rate
- Excessive weight gain or weight loss
- Deepening of the voice in females and shrinkage of breast tissue

† CATHOLIC HEALTH
INITIATIVES

St. Joseph Medical Center



What's really in an energy drink?

Ingredients of popular energy drinks include:

- Sugar
- Caffeine or guarana (a Brazilian plant that contains caffeine)
- Herbal supplements (yerba mate, ginkgo biloba, ginseng, and more)
- Amino acids in the form of taurine

Effects of high doses of caffeine:

- Increased heart rate
- Agitation
- Restlessness
- Insomnia
- Dizziness
- Possible hallucinations

For more information call 410-337-1477
www.poweredbymemd.com