



TO: Tompkins Cortland Community College Students

We want to share our concern and make sure you are aware of the dangers of mixing stimulants, e.g. caffeine with alcohol.

Four Loko, an alcohol and caffeine beverage, has recently become popular with college students, and health experts warn that this product has as much alcohol as a six-pack of beer and as much caffeine as a six-pack of Mountain Dew. This mix can cause drinkers to be unaware of their high intoxication level, consume more alcohol than intended, and even tax their heart rate and blood pressure.

Across the country, many college students have been hospitalized after drinking Four Loko. Several colleges are banning the product and the Federal Drug and Alcohol Administration is investigating the product. If you choose to drink, please make safe, healthy decisions, including avoiding dangerous combinations such as those in Four Loko and other caffeinated alcoholic beverages.

If you are concerned about your drinking, or that of a friend, teammate, or partner, call the TC3 Options Program at 607.844.8222, ext. 4261, to schedule a free, confidential appointment.

“Officials at a Washington State University are looking to ban the caffeinated alcoholic beverage Four Loko after toxicology reports show that the drink, dubbed blackout in a can, is what sent a group of partying students to the hospital. NBC’s Kristen Welker reports.”

<http://www.msnbc.msn.com/id/21134540/vp/39845737#39845737>

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