



11th May 2023

Dear Parent/Carer

Prime Energy Drinks

There has been a recent report in the media of a primary aged child in Wales who has had to have their stomach pumped as a result of drinking just one can of the popular energy drink, Prime.

We strongly advise that children should not be drinking this product and under *no* circumstances should they be bringing it into school.

Please make a note of the following information regarding Prime:

- A single espresso shot contains 60mg of caffeine
- A can of Monster energy drink contains 86.4mg of caffeine.
- One can of Prime contains **140mg** of caffeine.

Medical experts are warning that no child of any age should drink Prime and that children should not need an energy boost from energy drinks.

If your child is lacking in energy, the advice from **medical professionals** is to try and establish a regular sleeping pattern and if this does not help, then make an appointment to see your GP.

Yours sincerely

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