



**SUBSTANCE ABUSE ALERT
WV001**

TO: West Virginia

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DISTRIBUTION: Hospital emergency departments, community health providers; Director, WV Emergency Medical Services, Regional Medical Directors, emergency medical services personnel, local health departments, WV Office of Epidemiology and Prevention Services, State Epidemiology Outcomes Workgroup members, local health departments, agencies working with substance abuse, Director, Office of Healthy Schools

**Young Children and Adolescents Drinking:
MiO ENERGY Liquid Water Enhancer**

MiO Energy is a flavored liquid (advertized as being without artificial flavors and zero calories) that is meant to provide caffeine for multiple 8 ounce servings of water.

It is sold in 32 mL (1.08 ounce) bottles for a total of 720 mg of caffeine (60 mg per ½ teaspoonful)
This is equivalent to > 14, 12 ounce cans of soda OR > 16, 6 ounce servings of coffee.

It is also sold in 48 mL (1.62 ounce) bottles for a total of 1080 mg of caffeine (60 mg per ½ teaspoonful)
This is equivalent to > 18, 12 ounce cans of soda OR > 24, 6 ounce servings of coffee.

(Note: this is not the MiO Original or MiO Fit which are caffeine free)

Current Problem

The West Virginia Poison Center has had 4 reports this year, including 2 reports this week, of MiO ENERGY Liquid ingestions by children ages 5 to 12 years of age. A school nurse has reported that middle school age children are bringing this product to school and are consuming it undiluted or in caffeinated beverages. Exposures have resulted in the need for hospital care.

This product is legally sold in grocery and convenience stores. Caffeine poisoning can be life threatening.

Recommendations

Please report cases to the West Virginia Poison Center at 1-800-222-1222.

Health care providers should be on the look-out for young patients presenting to health care providers with vomiting, tachycardia, and/or hypertension. These patients should be asked about their use of products containing caffeine. The West Virginia Poison Center can be consulted for management recommendations.

Schools enrolling children in the elementary through high school grades should consider whether these products should be allowed on school campuses.

This message was directly distributed by the West Virginia Poison Center on behalf of the Substance Abuse Early Warning Network (a product of the WV State Epidemiological Outcomes Workgroup and the WV Bureau for Behavioral Health and Health Facilities). Receiving entities are responsible for further dissemination of the information as appropriate to the target audience.

Message Categories:

Network Alert: Conveys the highest level of importance, warrants immediate action or attention.

Network Advisory: Provides important information for a specific incident or situation.

Network Update: Provides updated information regarding an incident or situation.