

Alcohol addiction is one of the most socially acceptable forms of addiction and is now being fueled by a co-addiction to caffeine. The use of caffeine in alcoholic beverages is expanding and may develop addictive mindsets in young adults, which seems to be leading to an increase in the consumption of alcohol. To understand the impact of caffeine on alcohol consumption, I examined the potential association of caffeine consumption at a young age with the development of an addictive mindset, potentially leading to an increased consumption of alcohol in these individuals. This combination of alcohol and caffeine is an under-researched topic due to the hesitation to label substances as addictive and the growing market of energy drinks. I compiled a literature review of topics including behavioral addictive disorder and its connection to the combination of caffeinated drinks and alcohol, and how the increase in caffeine consumption can lead to increased consumption of alcohol. A few studies have shown that using energy drinks as mixers increases the consumption of alcohol in younger populations. The information collected in this literature review suggests a connection between addiction to caffeine and addiction to alcohol that needs to be studied further to prevent a potential lowering in the socially acceptable age for alcohol consumption. A finer understanding of the mixture of alcohol and caffeine can provide younger populations with the information necessary to make wise decisions to lower the rate of alcoholism.