

# Risk Summary: MEGA MONSTER ENERGY

Category: Energy Drink | Timeframe: 2004-2024

## Executive Summary

- Total findings reviewed: 5 lawsuits, 1 recall, 2 warnings
- Primary risk themes: high-caffeine cardiac events, foreign-material recall
- Most material exposure: regulatory (FDA-investigated deaths)
- Overall risk level: High

## Findings Overview

Category	Count	Key Issues Identified (themes only)	Timeframe
Lawsuits	5	Wrongful death/cardiac arrest, Inadequate warning to minors	2013-2024
Recalls	1	Foreign film from can delamination	2023-CA
Warnings	2	FDA death reports, Youth marketing scrutiny	2004-2023

## Key Notable Examples

### Lawsuits:

- Morris v. Monster (2013 CA): 19-yr-old cardiac death after 2x24 oz daily; settled 2015 (status: settled)

Sources: <https://www.cochranfirm.com/washington-dc/energy-drink-maker-monster-sued-for-teens-death/>

### Recalls:

- Monster Green 473 ml cans (CA 2023) recalled for foreign film delamination (scope: Canada nationwide)

Sources: <https://iwaspoisoned.com/food-recall/monster-green-energy-drink-recalled-due-to-foreign-contamination>

### Warnings:

- FDA investigated five deaths and one heart attack linked to 240 mg caffeine per 24 oz

Sources: <https://www.cbsnews.com/news/fda-investigates-five-deaths-one-heart-attack-linked-to-monster-energy-drinks/>

## Risk Implications

- Caffeine (240 mg/24 oz) can cause cardiac arrhythmia, seizures, death in youth or sensitive adults
- Sugar (54 g/16 oz) can cause blood-sugar spikes, insulin resistance, Type 2 diabetes

## Recommendations

- Limit to ≤1 can per day for healthy adults; avoid if under 18, pregnant, or cardiac-sensitive
- Seek lower-caffeine alternatives and monitor for palpitations or dizziness

Methodology: Publicly available lawsuits, recall databases, and regulatory warnings reviewed via deep search.

Disclaimer: Informational summary only; not legal advice.