Enjoying a little energy boost with your cocktail can trip you up. Researchers at Wake Forest University Baptist Medical Center in Winston-Salem, N.C., found that college students who mixed alcohol with so-called energy drinks were at significantly higher risk of injury than those who don't add the caffeine-laced products.

The researchers sent detailed questionnaires to 4,300 students and examined the responses of the 2,886 who said they drank in the previous month.

Nearly a quarter reported they mixed alcohol with the energy drinks. Those tended to be white, male and involved in fraternities. Researchers found they were twice as likely to be hurt, require medical care, and drive with an intoxicated driver.

"We were surprised that the risk of serious and potentially deadly consequences is so much higher for those who mixed energy drinks with alcohol, even when we adjusted for the amount of alcohol," said Mary Claire O'Brien, the lead researcher.

- Josh Goldstein