

WHAT IS CAFFEINE?



CAFFEINE is a plant product commonly found in:

- coffee beans
- tea
- soft drinks
- cocoa
- chocolate.

CAFFEINE is also found in some prescription & over-the-counter drugs, including cold, allergy & pain relievers.

HOW CAFFEINE AFFECTS THE BODY

Caffeine acts as a stimulant by exerting an effect on the central nervous system. The effects of caffeine on the body may begin as early as 15 minutes after ingesting and last up to six hours.

POSITIVE EFFECTS

When consumed in moderate doses* caffeine can help people feel temporarily more alert and less sleepy. Most individuals consuming moderate amounts will experience few, if any, negative side effects.

SIDE EFFECTS

While consuming moderate amounts of caffeine does not seem to have long-term detrimental effects, consuming larger amounts of caffeine on a regular basis (1000 mg or about ten 6 oz cups of coffee a day) may be linked to conception problems, increased episodes of heartburn and changes in bowel habits.

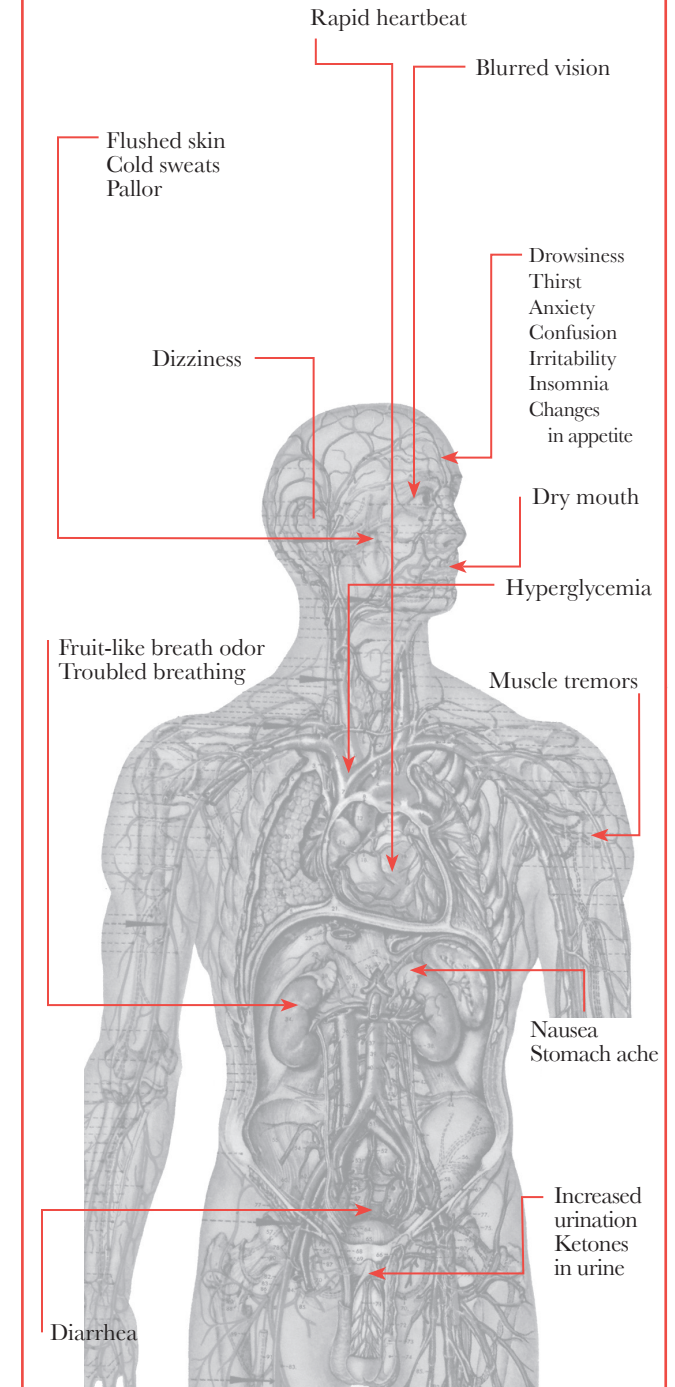
Too much caffeine may lead to sleep deprivation and a tendency to disregard the normal warning signals that the body is tired and needs rest. Caffeine does not replenish energy or prevent emotional fatigue; food and sleep are the only remedies for these. When normal sleeping patterns are continually disrupted, mood depression may occur. Too much caffeine may also lead to anxiety-related feelings such as excessive nervousness, sweating and tremors.

People who take medications for depression, anxiety or insomnia, high blood pressure, other heart problems, chronic stomach upset or kidney disease should avoid caffeine until discussing the matter with a clinician. If you want to avoid some of the annoying side effects of caffeinated beverages (e.g., jitters or sleeplessness), switching to decaffeinated drinks may help.

*** moderate dose of caffeine:**
up to 250 mg = to about two
6 oz cups of coffee or four 12 oz colas

Contrary to popular belief, drinking coffee will not help someone who has consumed too much alcohol become sober.

EFFECTS OF CAFFEINE



EFFECTS OF QUITTING

People who stop drinking caffeinated drinks may notice several side effects, especially if they are used to consuming large amounts of caffeine. Some symptoms of caffeine withdrawal include headaches, irritability, nervousness, nausea, constipation and muscular tension. These symptoms usually appear about 12-24 hours after someone has stopped consuming caffeine and usually last about one week. It is recommended that you gradually decrease your caffeine intake to avoid withdrawal symptoms.

CAFFEINE DURING PREGNANCY

Some studies show an association between high doses of caffeine and an increased rate of miscarriages, premature deliveries or low birth weights. However, complicating factors such as smoking and alcohol use were not accounted for in these studies. In high doses, caffeine can affect fetal breathing and heart rate. If you are pregnant, or planning to become pregnant, consider your options (e.g. eliminating caffeine or limiting intake to 200-300 mg per day). Discuss these options with your clinician.

IS CAFFEINE
ADDICTIVE?

The definitive answer
is still unknown.



CAFFEINE CONTENTS

limit intake to 200-300 mg per day

CHOCOLATE

| | | |
|--------------------------|---------|-------|
| Cocoa beverage | (6 oz) | 4 mg |
| Chocolate flavored syrup | (2 tbs) | 5 mg |
| Chocolate milk | (8 oz) | 8 mg |
| Milk chocolate | (1 oz) | 7 mg |
| Semi-sweet chocolate | (1 oz) | 18 mg |
| Unsweetened chocolate | (1 oz) | 25 mg |

COFFEE*

| | | |
|-----------------------|-----------------|--------|
| Brewed | (6 oz) | 100 mg |
| Instant | (1 rounded tsp) | 57 mg |
| Brewed decaffeinated | (6 oz cup) | 3 mg |
| Instant decaffeinated | (1 rounded tsp) | 2 mg |
| Cappuccino | (4 oz) | 100 mg |
| Espresso | (2 oz) | 100 mg |
| Latte | (single) | 50 mg |
| Mocha | (single) | 55 mg |

OTHER BEVERAGES

(12 oz servings)

| | |
|-----------------------------------|--------|
| Coca-Cola (regular & diet) | 46 mg |
| Dr. Pepper (regular & sugar-free) | 40 mg |
| Mello Yello | 52 mg |
| Mountain Dew | 54 mg |
| Pepsi-Cola, (regular & diet) | 38 mg |
| Red Bull (8.2 oz) | 80 mg |
| 5-hour Energy | 138 mg |
| Monster Energy | 160 mg |

TEA (5 oz cup)

| | |
|--|-------|
| Brewed, green or black U.S. brands (3 minutes) | 40 mg |
| Brewed, imported brands | 60 mg |
| Instant (1 tsp) | 30 mg |
| Iced (8 oz) | 25 mg |
| Decaffeinated | 5 mg |

NON-PRESCRIPTION DRUGS**

Caffeine Tablets

| | |
|-----------------------------|--------|
| No-Doz | 100 mg |
| Vivarin | 200 mg |
| Pain Relievers (per tablet) | |
| Anacin | 32 mg |
| Excedrin | 65 mg |
| Midol (maximum strength) | 60 mg |

For additional info on caffeine content in food and beverages:

www.energyfiend.com/the-caffeine-database

*Caffeine content of coffee varies depending on type of bean, quantity used, how finely ground the beans are and the brewing time.

Not all non-prescription drugs are included. **Read labels carefully!

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