

# The Facts About Caffeine

**CAFFEINE** is a stimulant (something that energizes) of the nervous system, causing you to become more alert with a boost of energy.

## How much is too much?

Every person responds to caffeine differently so what works for one person could be too much for another person. It is important to watch for any negative side effects while drinking caffeinated beverages. Even though it is very uncommon, extremely high intakes of caffeine can trigger serious health problems such as heart attack, stroke, or even death.

**The Mayo Clinic recommends the following daily limits of caffeine:**

**Adult:** less than 400 mg/day

**Adolescent:** less than 100 mg/day

**Child:** 0 mg/day

*As little as 100 mg/day can cause dependency on caffeine.*

## Side Effects

Depending on the amount of caffeine consumed, one or more of the following side effects could occur:

- Increased energy
- Increased alertness
- Jitteriness
- Increased anxiety
- Increased blood pressure
- Stomach irritations
- Irritability
- Decreased quality and length of sleep
- Headaches
- Abnormal heart rhythms
- Sleep walking

***\*The effects of caffeine are different for each individual.***

## Health Benefits?

There is research linking small amounts of caffeine to reduced risks of Parkinson's disease, some cancers, and increased endurance. There is no evidence that shows caffeine to be an effective way to lose weight. In fact most drinks that contain caffeine also contain unhealthy amounts of sugar and calories that will actually contribute to weight gain, diabetes, and tooth decay.

## Dependence on Caffeine

Caffeine can cause an individual to become dependent on it, if consumed regularly. Dependency on caffeine can cause headaches, restlessness, drowsiness, and irritability. If you are dependent on caffeine, decrease daily consumption slowly to prevent these symptoms. While you are decreasing caffeine intake, you may experience fatigue, so find alternative ways to increase your energy such as: getting enough sleep, staying hydrated, eating a healthy diet, and exercising daily. If you are still tired after allowing your body to get used to a lack of caffeine and having healthy lifestyle habits, consult a doctor. Extreme fatigue could be a sign of an underlying health problem that caffeine was covering.

## Common Drinks and Their Caffeine Content

NAME	STANDARD AMOUNT	CAFFEINE IN STANDARD AMOUNT	CAFFEINE IN 16 OZ.
<b>ENERGY DRINKS</b>			
5 hour energy	2 oz.	200 mg	1,600 mg
Sobe No Fear	16 oz.	182 mg	182 mg
Monster	16 oz.	172 mg	172 mg
Rockstar	16 oz.	160 mg	160 mg
Red Bull	8.4 oz.	79 mg	151 mg
<b>COFFEE, ETC.</b>			
Brewed Coffee	8 oz.	163 mg	324 mg
Average Coffee	8 oz.	95 mg	190 mg
Iced Tea	8 oz.	Average of 47 mg	94 mg
<b>SOFT DRINKS</b>			
Mountain Dew	12 oz.	54 mg	72 mg
Coke	12 oz.	34 mg	45 mg
Diet Coke	12 oz.	45 mg	60 mg
Pepsi	12 oz.	38 mg	51 mg
Sprite	12 oz.	0 mg	0 mg
<b>OTHERS</b>			
Chocolate Milk	8 oz.	5 mg	10 mg
Dark Chocolate	1 oz.	20 mg	320 mg
Milk Chocolate	1 oz.	6 mg	96 mg
Cold Relief Meds	1 tablet	30 mg	
Vivarin	1 tablet	200 mg	
Excedrin	2 tablets	130 mg	