

# THE CAFFEINE CONCERN

## HOW MUCH IS TOO MUCH?

For healthy adults, up to 400 mg a day of caffeine seems to be safe consume. However, substantial caffeine use may cause side effects such as:

- Migraine headache
- Irritability
- Insomnia
- Restlessness
- Stomach distress
- Elevated heart rate
- Muscle tremors
- Frequent urination (dehydration)
- Nervousness

## CAFFEINE AND SLEEP

It can take approximately 6 hours for your body's metabolism to remove half the amount of caffeine from your blood stream. Consumption of caffeine in the afternoon can cause difficulty falling asleep and length of time staying asleep, which can lead to sleep deprivation. Cumulative sleep loss can decrease daytime alertness and performance.

## CONSIDERATIONS FOR SPORTS PERFORMANCE

Regular consumption of 200-300 mg of caffeine (approx. 2 cups of coffee) a day may cause no sports performance benefits due to habitual use.

Proper and adequate nutrition for energy should be utilized first before considering caffeine as a sports performance aid.

## CUT BACK THE HABIT

Reducing your caffeine use can be challenging, but withdrawal symptoms resolve after a few days. The following tips can help you change your habit:

- Keep track of timing and quantity
- Cut back gradually, by having a smaller cup of coffee or stop drinking caffeinated beverages after a certain time of day.
- Alternate with decaffeinated beverages

## BEVERAGES WITH A BUZZ

8 OUNCES OF COFFEE	80-100 MG
1 CAFFEINE TABLET	200 MG
6 OUNCES OF C4 PREWORKOUT	150 MG
8 OUNCES OF SPARK	120 MG
16 OUNCES MONSTER	160 MG
8.2 OUNCES REDBULL	80 MG
5 HOUR ENERGY	200 MG
16 OUNCES BANG!	300 MG
1 SCOOP N.O. XPLODE	275 MG



### References:

Mayo Clinic 3-7-2018 <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/caffeine/art-20045678>

NCAA Caffeine and Athletic Performance <https://www.ncaa.org/sites/default/files/Caffeine%20and%20Athletic%20Performance.pdf>