Wake up!  
And smell  
the  
caffeine

Caffeine technically is a drug – but what does that mean for us? How much is healthy?

We’ll break it down for you!
2 types
- Naturally occurring: coffee beans, tea leaves, and cocoa
- Artificially added: energy drinks, candy, and some medications.

How it works
- Makes your brain cells fire faster and increases adrenaline, giving you that awake, jittery feeling
- Reaches its peak after about 1 hour, remains in your system for 4 – 6 hours

CAFFEINE
CAFFEINE

What’s safe?

It depends on the person, but:

- Some scientists think that about 200 – 300 mg is a healthy maximum
  - *about 2 cups* of coffee

- Most scientists agree that more 600 mg is too much
  - *about 4 – 5 cups* of coffee.

*Keep in mind – a “cup” is 8 oz, and a grande at Starbucks is 16 oz

Source: Center for Science in the Public Interest, http://www.cspinet.org/new/cafchart.htm
HERE’S WHAT’S IMPORTANT:

• Caffeine is okay! Just don’t overdo it. 2 cups of coffee a day is fine – 5, 6, or 7 is probably too much. Listen to your body.

• Energy drinks = bad news, especially with alcohol. Stick to natural caffeine sources (like tea and coffee) instead.

You might be getting too much caffeine if you have:

- Jitters and shakiness
- Difficulty sleeping
- Headaches or dizziness
- Faster or abnormal heartbeat
- Dehydration
- Dependence – when you go without it, you have withdrawal symptoms like headaches