

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

CAFFEINE: THE PROS AND CONS

### Read on to learn:

- How much caffeine is in your drinks
- How caffeine affects you
- The pros and cons of using caffeine
- Recommended daily amounts of caffeine

### CAFFEINE CONTENT

Caffeine can be found in many things, like your coffee, tea, soda, candy bar, and medication. Caffeine content is not always listed on the label of these products, so it may be difficult to determine how much you are consuming.



**Coffee**  
95-200 mg



**Red Bull**  
76-80 mg



**5 Hour Energy**  
207 mg



**Hershey Bar**  
11 mg



**Excedrin**  
130 mg



**Coca-Cola**  
30-35 mg

### EFFECTS OF CAFFEINE

After ingesting your favorite caffeinated product, your body responds by:

- Increasing heart rate and blood pressure
- Increasing alertness and excitability
- Stimulating urine production (diuretic)
- Stimulating stomach acid secretion
- Mobilizing stored sugar and fat into the blood stream

After approximately three hours of ingesting caffeine, half of it is metabolized. It can take up to **four to seven** hours for caffeine to be completely eliminated from your system.

*Caffeine intoxication occurs when you overdose and is commonly called "caffeine jitters". This occurs at varying levels of caffeine intake since caffeine sensitivity varies from person to person.*

Flip over to calculate your caffeine intake

### Coach's Quick Take

- **Caffeine does not give you energy;** it is just a stimulant. Our bodies can only recognize *carbohydrate, fat, and protein* as energy.
- **Caffeine content is not always included on the nutritional label.** Do your research and find out how much caffeine is in the items you commonly eat and drink.
- You may want to **cut back** on your caffeine intake if it is **greater than 500 mg per day.**

## PROS

### Alertness

Caffeine stimulates our central nervous system by making everything work faster. It can help you focus, boost memory, and improve your mood.

### Athletic performance enhancement

Caffeine mobilizes stored sugars and fats into the blood stream. It is thought that this increases the amount of nutrients available for energy. Caffeine has also been shown to help endurance athletes last longer.

## CONS

### Upset Stomach

Caffeine can cause heart burn and digestive issues.

### Dehydration

It can also increase urination and loss of water.

### Commonly mixed with high calories

Caffeinated drinks are commonly mixed with high fat cream and refined sugars.

### Withdrawal

You can become caffeine dependent. If you stop using it abruptly, you may experience headaches and irritability.

### Poor sleep quality.

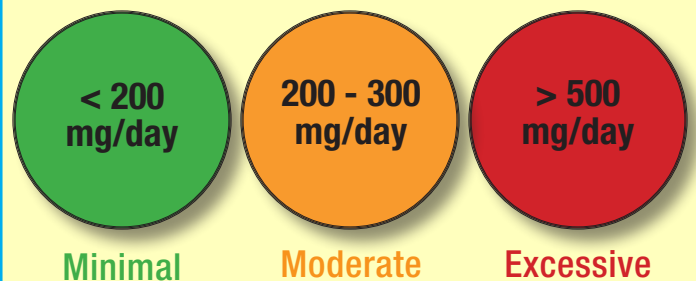
Caffeine masks fatigue and can interrupt sleep patterns.

## MY CAFFEINE INTAKE

Use the chart below to track how much caffeine you are taking in.

Source	Amount of Caffeine (mg)
TOTAL	

Based on your total, where do you fit in the guidelines below?



Now that you know where you stand, how does this change your relationship with caffeine?

### RESOURCES

[www.mayoclinic.com](http://www.mayoclinic.com)

[www.fda.gov](http://www.fda.gov)

[www.healthysleep.med.harvard.edu](http://www.healthysleep.med.harvard.edu)

For More Information visit  
[www.WellnessCoachesUSA.com](http://www.WellnessCoachesUSA.com)