HOW MUCH CAFFEINE IS TOO MUCH?

BEING HEALTHY SHOULDN'T BE THIS HARD.

WHAT IS IT?

CAFFEINE IS A STIMULANT THAT EFFECTS THE CENTRAL NERVOUS SYSTEM WITH THE PURPOSE TO QUICKLY BOOST OUR ALERTNESS AND ENERGY LEVELS.

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WHERE IS IT FOUND?

CAFFEINE CAN BE FOUND
IN BEVERAGES & FOOD SUCH AS
COFFEE, TEA, ENERGY DRINKS,
SODAS, YERBA MATE,
CHOCOLATE, GUARANA PLANTS,
AND CAN EVEN BE IN
MEDICATIONS OR SUPPLEMENTS.

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HOW DOES IT BREAKDOWN?

WHEN YOU CONSUME CAFFEINE, IT'S ABSORBED IN YOUR GUT AND BROKEN DOWN IN THE LIVER. THE SPEED AT WHICH YOU FEEL THE EFFECTS CAN BE DEPENDENT ON IF YOU HAVE FOOD IN YOUR STOMACH. FOOD COMPONENTS, SUCH AS FIBER, CAN DELAY HOW QUICKLY CAFFEINE PEAKS IN YOUR BLOODSTREAM.

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ARE THERE SYMPTOMS?

IT'S IMPORTANT TO NOTE THAT CAFFEINE CAN CAUSE ADVERSE **SIDE EFFECTS**, <u>SUCH AS:</u>

-HEADACHES
-INSOMNIA
-ANXIETY
-IRRATIBILITY
-MUSCLE TREMORS
-FREQUENT URINATION
-RAPID HEART RATE

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WHAT'S THE LIMIT?

AS SEEN CITED BY THE **FDA**:

"**400 MILLIGRAMS** A DAY (THAT'S ABOUT 4-5 CUPS OF COFFEE) IS AN AMOUNT NOT GENERALLY ASSOCIATED WITH DANGEROUS, NEGATIVE EFFECTS."

-US FOOD AND DRUG ADMINISTRATION

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SOMETHING TO CONSIDER

IF YOU ARE SENSITIVE TO CAFFEINE, TAKING MEDICATION, ARE PREGNANT, OR HAVE HEALTH CONDITIONS LINKED TO HEART ISSUES, IT'S BEST TO LIMIT YOUR CAFFEINE INTAKE.

IT'S ALSO BEST TO TALK TO YOUR HEALTH CARE PROVIDER ON SUCH MATTERS.

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WITHDRAWAL

IF YOU'RE CONSIDERING CUTTING
BACK ON YOUR CAFFEINE INTAKE,
DO SO GRADUALLY.
DON'T QUIT COLD TURKEY.

THIS WAY YOU MINIMIZE YOUR
CHANCES OF EXPERIENCING
SYMPTOMS SUCH AS
**IRRITABILITY, EXTREME FATIGUE, &
ANXIETY.**

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