

Caffeine Tip Sheet

<p>What does caffeine do in the body?</p>	<p>Caffeine is a stimulant. It raises heart rate and blood pressure, increases urination and in low doses, (eliminate it) helps people concentrate. Caffeine can also cause gastric reflux.</p> <p>In higher doses, caffeine can interfere with concentration.</p>
<p>How much caffeine is in different drinks and pills?</p>	<p>Soft drinks like colas contain an average of 25 mg of caffeine per serving.</p> <p>The average cup of coffee contains about 100 mg of caffeine. <i>This amount of caffeine is considered to have very limited addictive potential, although people regularly consuming this amount may experience withdrawal symptoms.</i></p> <p>Caffeine pills generally have 100-200 mg per pill.</p> <p>The amount of caffeine in energy drinks varies and can be up to 300 mg. <i>Consuming this much caffeine is likely to cause side effects such as rapid or irregular heartbeat, nausea/vomiting, trembling, rapid breathing and restlessness or anxiety.</i></p> <p>Caffeine powder can contain up to 2500 mg of caffeine. Large doses can result in acute toxicity and can also be addictive.</p> <p><i>* Note that if pills or powder are snorted, they can deliver an even larger dose of caffeine to the brain very quickly resulting in even more toxicity and greater addiction potential.</i></p>
<p>Is caffeine consumption safe for teens?</p>	<p>The American Academy of Pediatrics (AAP) recommends limiting caffeine to 100 mg per day in teens 12–18 years old. Higher doses can lead to difficulty focusing and school disruptions. The AAP also recommends that children under 12 avoid caffeine entirely.</p> <p>The recommended daily limit for adults is up to 400 mg of caffeine.</p>
<p>What are the symptoms of caffeine withdrawal?</p>	<p>The most common caffeine withdrawal symptoms are headache, fatigue, decreased energy and alertness, drowsiness, difficulty concentrating, irritability, and feeling foggy.</p>

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	<p>Withdrawal symptoms can occur after as little as three days of exposure to 100 mg per day, although they are more common and more prominent among people who have consumed higher doses and for longer time periods.</p> <p>Withdrawal symptoms generally start within 12-24 hours, peak between 1 and 2 days and resolve within 9 days.</p> <p>Teens generally experience fewer withdrawal symptoms than adults.</p> <p>If needed, over the counter medications can be used to treat headache; other symptoms are aggravating but generally not medically dangerous and resolve over time.</p>
<p>Is it safe to mix caffeine with alcohol?</p>	<p>Some beverages that are popular with teens combine caffeine with alcohol. This combination is dangerous because it allows people to remain more active at higher levels of alcohol intoxication. This makes them more likely to be injured, get into a car crash or other accident, or be involved in a non-consensual sexual encounter.</p>

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