The Facts About Caffeine

# Caffeine is something that energizes the nervous system. It causes you to become more alert with a boost of energy.

## How much is too much caffeine?

Every person responds to caffeine differently so what works for one person could be too much for another person. It is important to watch for any negative side effects while drinking drinks with caffeine. Even though it is very uncommon, having a lot of caffeine can trigger serious health problems. These problems include heart attack, stroke, or even death.

The Mayo Clinic recommends the following daily limits of caffeine:

1. Less than 400 milligrams per day for adults.
2. Less than 100 milligrams per day for adolescents.
3. 0 milligrams per day for children.

As little as 100 milligrams per day can cause dependency on caffeine.

## Side Effects

Depending on the amount of caffeine consumed, one or more of the following side effects could occur:

* Increased energy.
* Increased alertness.
* Jitteriness.
* Increased anxiety.
* Increased blood pressure.
* Stomach upset.
* Irritability.
* Decreased quality and length of sleep.
* Headaches.
* Abnormal heart rhythms.
* Sleep walking.

The effects of caffeine are different for each person.

## Health Benefits

There is research linking small amounts of caffeine to reduced risks of Parkinson’s disease, reduces risks of some cancers and increased endurance. There is no evidence that shows caffeine to be an effective way to lose weight. In fact, most drinks that have caffeine also have large amounts of sugar and calories. These can contribute to weight gain, diabetes, and tooth decay.

## Dependence on caffeine

Caffeine can cause someone to become dependent on it, if consumed regularly. Dependency on caffeine can cause headaches, restlessness, drowsiness and irritability. If you are dependent on caffeine, you should decrease your daily intake slowly. This will help to prevent these symptoms. While you are decreasing caffeine intake, you may experience fatigue, so find alternative ways to increase your energy such as:

* Getting enough sleep.
* Staying hydrated.
* Eating a healthy diet.
* Exercising daily.

If you are still tired after allowing your body to get used to less caffeine and having healthy lifestyle habits, consult a doctor. Extreme fatigue could be a sign of an underlying health problem that caffeine was covering.

Common Drinks and Their Caffeine Content Table

Energy Drinks Table

| Name | Standard Amount | Caffeine in Standard Amount | Caffeine in 16 ounces |
| --- | --- | --- | --- |
| 5-hour energy | 2 ounces | 200 milligrams | Not Available |
| Bang Energy | 16 ounces | 300 milligrams | 300 milligrams |
| Monster | 16 ounces | 172 milligrams | 172 milligrams |
| Rockstar | 16 ounces | 160 milligrams | 160 milligrams |
| Red Bull | 8.4 ounces | 79 milligrams | 151 milligrams |
| Mountain Dew Energy | 16 ounces | 90 milligrams | 90 milligrams |

Coffee, etc. Table

| Name | Standard Amount | Caffeine in Standard Amount | Caffeine in 16 ounces |
| --- | --- | --- | --- |
| Brewed Coffee | 8 ounces | 163 milligrams | 324 milligrams |
| Average Coffee | 8 ounces | 95 milligrams | 190 milligrams |
| Coffee Shop Iced Coffee | 12 ounces | 120 milligrams | 160 milligrams |
| Iced Tea | 8 ounces | Average of 47 milligrams | 94 milligrams |
| Dunkin’ Donuts Coffee | 20 ounces | 270 milligrams | 216 milligrams |
| Starbucks Bottled Frappuccino | 13.7 ounces | 110 milligrams | Not available |

Soft Drinks Table

| Name | Standard Amount | Caffeine in Standard Amount | Caffeine in 16 ounces |
| --- | --- | --- | --- |
| Mountain Dew | 12 ounces | 54 milligrams | 72 milligrams |
| Dr Pepper | 12 ounces | 41 milligrams | 55 milligrams |
| Coke | 12 ounces | 34 milligrams | 45 milligrams |
| Diet Coke | 12 ounces | 45 milligrams | 60 milligrams |
| Pepsi | 12 ounces | 38 milligrams | 51 milligrams |
| Sprite | 12 ounces | 0 milligrams | 0 milligrams |
| Crystal Light with Caffeine | 16 ounces | 60 milligrams | 60 milligrams |

Other Caffeinated Drinks Table

| Name | Standard Amount | Caffeine in Standard Amount | Caffeine in 16 ounces |
| --- | --- | --- | --- |
| Premier Protein Cafe Latte | 11.1 ounces | 120 milligrams | 173 milligrams |
| Chocolate Milk | 8 ounces | 5 milligrams | 10 milligrams |
| Dark chocolate | 1 ounce | 20 milligrams | 320 milligrams |
| Milk chocolate | 1 ounce | 6 milligrams | 96 milligrams |
| Cold relief meds | 1 tablet | 30 milligrams | Not available |
| Vivarin | 1 tablet | 200 milligrams | Not available |
| Excedrin | 2 tablets | 130 milligrams | Not available |

References

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