

CAFFEINE

Caffeine is a drug. In humans, it acts as a central nervous stimulant by temporarily warding off drowsiness and restoring alertness. Over 90% of Americans consume caffeine on a daily basis, making it the most widely consumed psychoactive substance in the U.S. However, unlike most psychoactive drugs, it is legal and unregulated in nearly every country.

Effects on the Body

Catabolic

Caffeine in large amounts is catabolic, which means it breaks down muscle tissue. The breakdown of muscle tissue leads to a slower metabolism.

Stimulant

It takes less than an hour for caffeine to start affecting the body...and about 3 or 4 hours for it to wear off.

Bone Loss

Especially in post-menopausal women, caffeine intake accelerates bone loss in the spine.

Blood Pressure

Caffeine can cause an acute spike in blood pressure. Some research also indicates those who regularly consume caffeine have a higher average blood pressure.

Caffeine Content

<u>Drink/Food</u>	<u>Size</u>	<u>Caffeine</u>
Brewed Coffee	8 oz.	150 mg
Monster Energy Drink	12 oz.	120 mg
Iced Tea	12 oz.	70 mg
Mountain Dew	12 oz.	55 mg
Coca-Cola	12 oz.	35 mg
Pepsi	12 oz.	25 mg
Dark Chocolate	1 oz.	20 mg
Milk Chocolate	1 oz.	6 mg
7 – up	12 oz.	0 mg

MODERATION

Most research suggests that caffeine consumption in moderation is safe for healthy adults. Approximately 300 mg/day (about 2 cups of coffee) is the recommended limit!