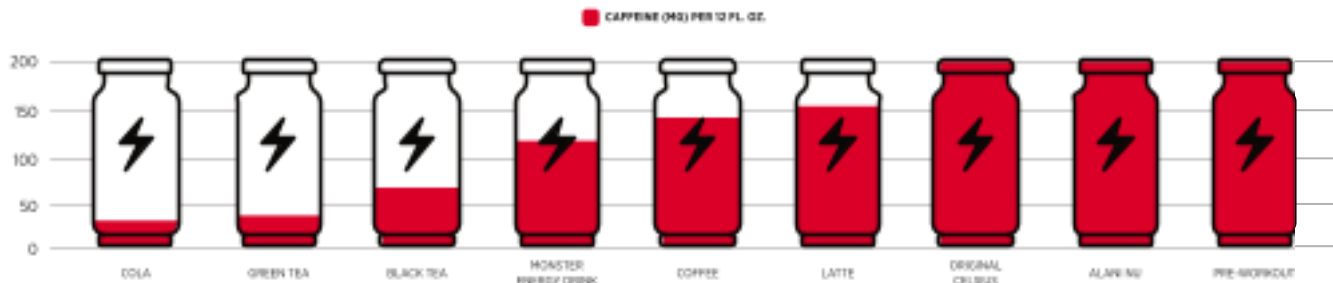


Caffeine

Caffeine is a dietary component that functions in the body as a stimulant. Caffeine makes you feel more awake and energetic by blocking a chemical in your brain called adenosine, which normally makes you feel tired. It also boosts the levels of feel-good chemicals like dopamine and adrenaline, which can improve your mood, focus, and physical energy.

Healthy adults should consume **less than 400 mg of caffeine per day**.

DRINK (12 FL. OZ.)	AVERAGE CAFFEINE CONTENT
COLA	35
GREEN TEA	40
BLACK TEA	70
MONSTER ENERGY DRINK	120
COFFEE	145
LATTE (WITH 2 ESPRESSO SHOTS)	155
ORIGINAL CELSIUS	200
ALANI NU	200
PRE-WORKOUT SUPPLEMENT	200



SIGNS OF CONSUMING TOO MUCH CAFFEINE:

- Increased heart rate
- Heart palpitations
- High blood pressure
- Insomnia or sleep disruptions
- Anxiety and jitters
- Upset stomach
- Nausea
- Headache

Sources:

Caffeine – StatPearls, updated May 29, 2024. [ncbi.nlm.nih.gov](https://www.ncbi.nlm.nih.gov)

Dietary Guidelines for Americans, 2020-2025 – U.S. Department of Agriculture & U.S. Department of Health and Human Services, 2020. [dietaryguidelines.gov](https://www.dietaryguidelines.gov)

Spilling the Beans: How Much Caffeine Is Too Much? – U.S. Food and Drug Administration. [fda.gov](https://www.fda.gov)