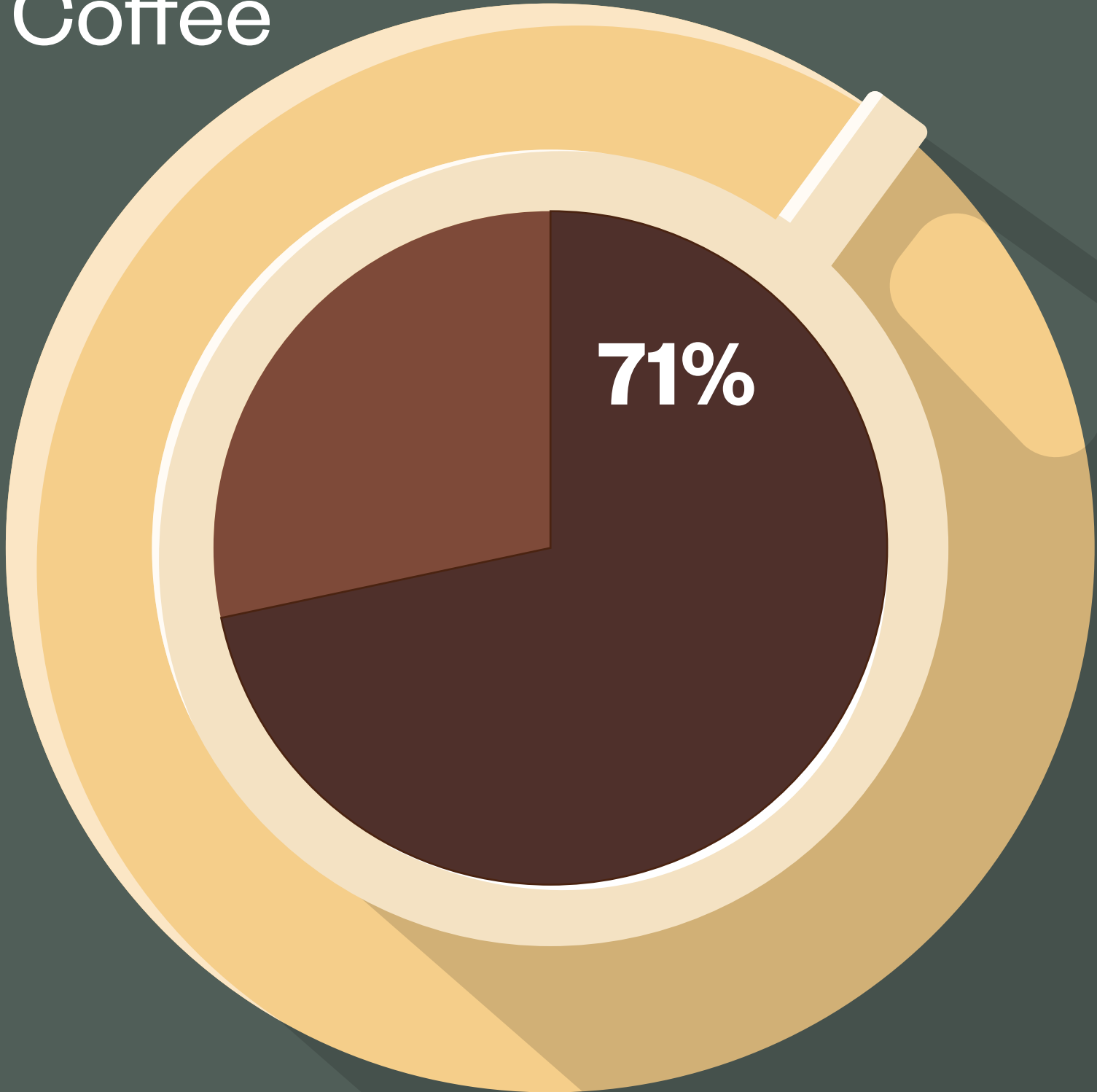


In adults, most caffeine is consumed in the form of:

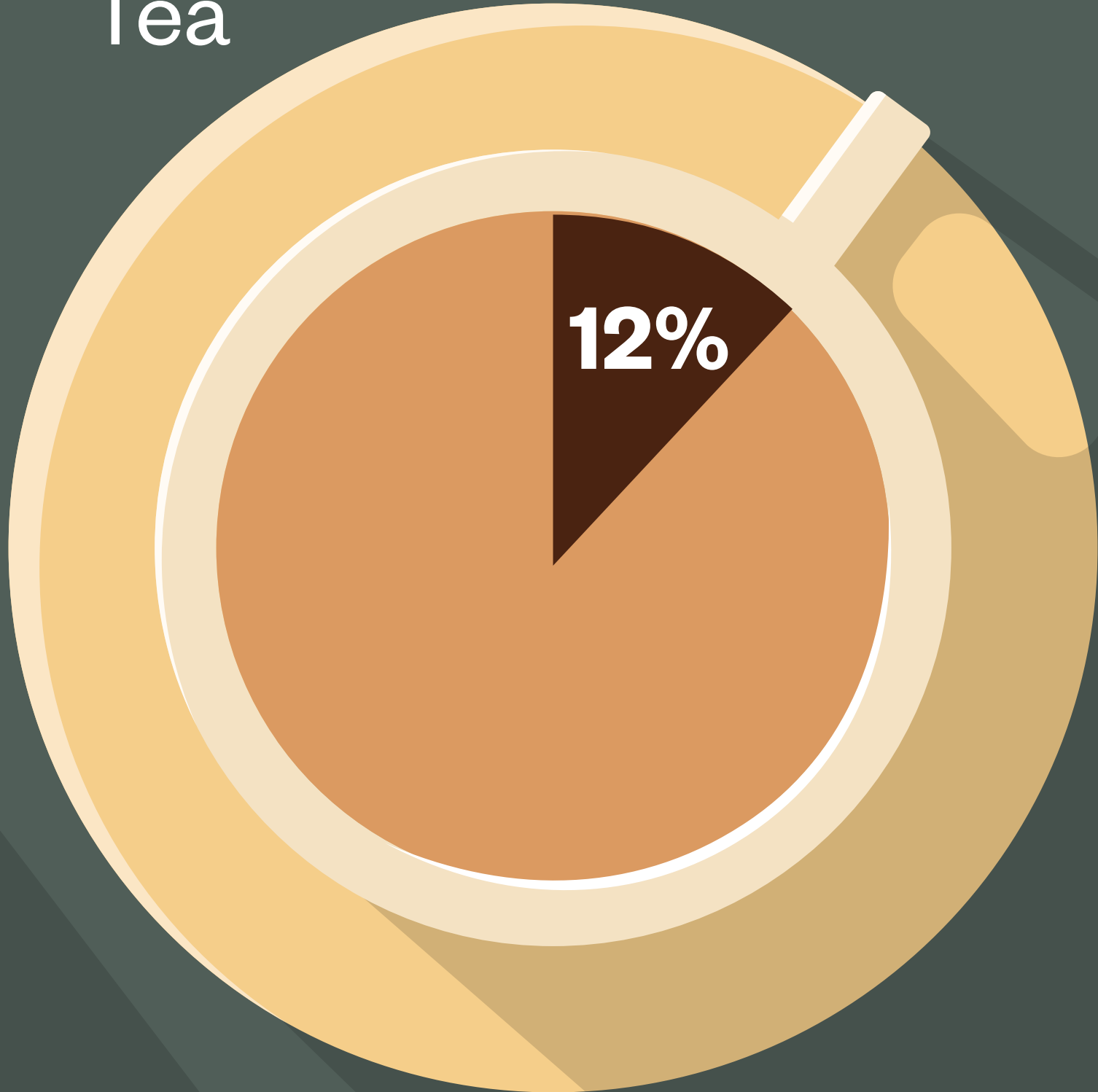
Coffee



Soft drinks
(mainly 'energy drinks')



Tea



Adults are advised to limit their caffeine consumption to

200mg/sitting

Single sitting



And limit their daily caffeine intake to

400mg/day

Daily intake



Pregnant and breastfeeding women should not consume more than

200mg/day



Children and adolescents are advised not to exceed

3mg/kg

body weight per day for both single doses and daily intake

		Serving size	Caffeine (mg)	Max recommended servings per day (for non-pregnant adults)
	Brewed coffee from coffee shop	340mL	225	1.8
	Americano from coffee shop	340mL	144	2.8
	Brewed coffee	240mL	96	4.2
	Instant coffee	240mL	63	6.3
	Espresso	30mL	63	6.3
	Decaffeinated coffee	240mL	2	200
	Brewed black tea	240mL	47	8.5
	Cola soft drink	500mL	45	8.9
	Energy drink	250mL	80	5
	Dark chocolate	28g	24	16.7
	Milk chocolate	28g	6	66.7
	Over-the-counter drug for alertness	1 tablet	50	8
	Headache medication with caffeine	1 tablet	65	6.2

Benefits **Risks**

Cardiovascular system

- Reduced risk of cardiovascular disease
- Increased cholesterol with French press or other unfiltered coffee or espresso

Respiratory system

- Effective for sleep apnoea in premature infants
- Improved lung function in adults

Endocrine system

- Reduced risk of type 2 diabetes mellitus
- Reduced long-term weight gain

Gastrointestinal system

- Reduced risk of gallstones and gall bladder cancer

Urinary system

- Reduced risk of kidney stones
- High doses can cause diuretic effect

Central nervous system

- Increased alertness
- Reduced fatigue
- Reduced pain (when combined with analgesics)
- Reduced risk of Parkinson's disease
- Reduced risk of depression and suicide
- Insomnia, especially when taken later in the day
- Anxiety, especially at higher than recommended doses

Hepatic system

- Reduced risk of liver cancer
- Reduced risk of liver fibrosis and cirrhosis

Reproductive system

- Reduced risk of endometrial cancer
- Increased risk of low birth weight at moderate doses
- Increased risk of pregnancy loss at moderate doses

Skin

- Reduced risk of skin cancer

Withdrawal effects

Stopping caffeine consumption after habitual intake can lead to withdrawal symptoms in some people, which peak at one to two days and last up to nine days, including:



Headaches



Fatigue



Decreased alertness



Depressed mood



Flu-like symptoms

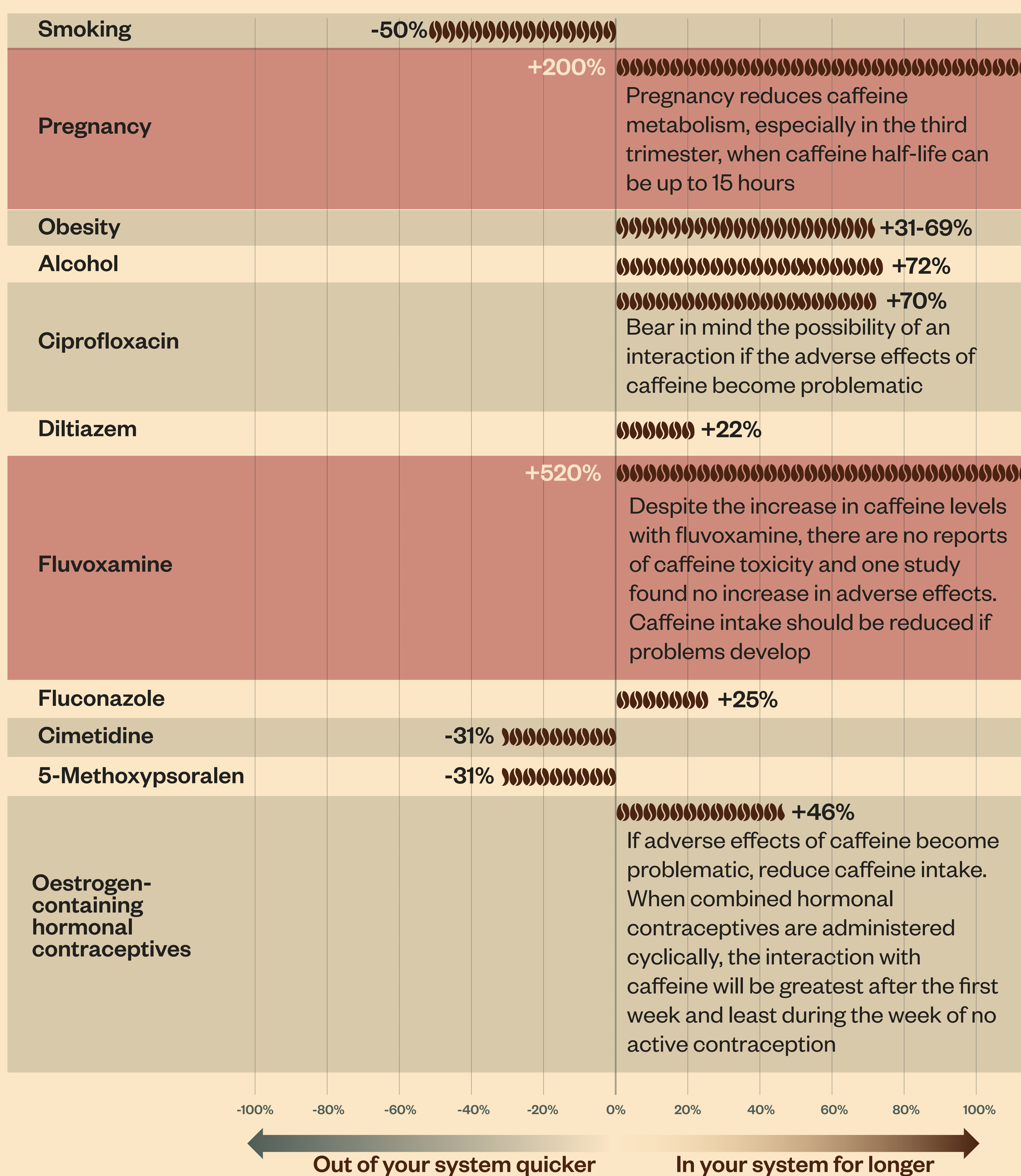
Toxic effects

In adults, side effects are estimated to occur at 1.2g of caffeine or higher (about 12 cups of brewed coffee). They include:

Anxiety	Restlessness
Excitement	Nervousness
Dysphoria	Insomnia
Psychomotor agitation	Rambling flow of thought and speech



Around 100–140 cups of brewed coffee (10–14g caffeine) would need to be consumed in a short time to be fatal, although smaller doses can be life-threatening in certain individuals. Caffeine-related deaths are generally seen with very high doses from tablets or supplements.



Smoking

-50%

Pregnancy

+200%

Pregnancy reduces caffeine metabolism, especially in the third trimester, when caffeine half-life can be up to 15 hours

Obesity

+31-69%

Alcohol

+72%

Ciprofloxacin

+70%

Bear in mind the possibility of an interaction if the adverse effects of caffeine become problematic

Diltiazem

+22%

Fluvoxamine

+520%

Despite the increase in caffeine levels with fluvoxamine, there are no reports of caffeine toxicity and one study found no increase in adverse effects. Caffeine intake should be reduced if problems develop

Fluconazole

+25%

Cimetidine

-31%

5-Methoxypsoralen

-31%

Oestrogen-containing hormonal contraceptives

+46%

If adverse effects of caffeine become problematic, reduce caffeine intake. When combined hormonal contraceptives are administered cyclically, the interaction with caffeine will be greatest after the first week and least during the week of no active contraception

-100%

-80%

-60%

-40%

-20%

0%

20%

40%

60%

80%

100%

Out of your system quicker

In your system for longer