

Important Key Points about Caffeine and Stimulants

- Caffeine and non-caffeine stimulants are found in many drinks and foods, over-the-counter (OTC) medications, and weight loss and energy supplements.
- Teens should limit caffeine intake to 100mg per day and avoid non-caffeine stimulants.
- Adults should limit caffeine intake to 200-300mg per day and avoid non-caffeine stimulants.
- Symptoms of poisoning include: nausea, vomiting, nervousness, tremor, insomnia, restlessness, delirium, headache, seizures, and abnormal heart beat/rhythm
- Contact the West Virginia Poison Center if you have questions or if you are having symptoms.

Alcohol and Caffeine

- Some think that taking caffeine after consuming alcohol makes it safe to operate a motor vehicle—*this is false*.

WEST VIRGINIA
POISON
CENTER

POISON
HELP TM
1-800-222-1222

The West Virginia Poison Center is open 24 hours a day and calls are answered by nurses, doctors, and pharmacists. Calls are free and confidential.

www.wvpoisoncenter.org

EnErgy EnhancErs

Boost or Bust

What do these products have in common?



**West Virginia
Poison Center
Emergency Line**

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Pictures above represent a few examples of caffeine-containing products.

Caffeine is a drug that stimulates the central nervous system.

Caffeine is found in many foods, drinks, and medications.

If taken in excess, caffeine can cause heart problems.

Caffeine: Food or Drug?

Caffeine is a stimulating **drug** that is used to increase energy, enhance mood, and delay sleep. It is a drug found in a number of foods including,

- Chocolate milk and milkshakes
- Chocolate drinks, hot chocolate
- Chocolate candy and candy bars
- Cola and other sodas
- Coffee
- Tea
- Chocolate or coffee liqueurs



...AKA Caffeine

If a product says “caffeine free,” it might contain a caffeine derivative. Look for the following caffeine synonyms to determine if it is actually free of caffeine.

- Trimethylxanthine
- Theine
- Mateine
- Guanine or Guarana
- Methyltheobromine
- 3,7-trimethylxanthine



How much caffeine?!?

Haagen-Dazs Coffee Ice Cream (1 tub)	19mg
Hershey Special Dark Chocolate (1 bar)	20mg
Sunkist Orange Soda (12 fl oz)	19mg
Starbucks Decaf (16 fl oz)	25mg
Lipton Iced Tea (20 fl oz)	25mg
Coca-Cola Classic (12 fl oz)	34mg
Diet Pepsi (12 fl oz)	35mg
Pepsi (12 fl oz)	38mg
Diet Coke (12 fl oz)	46mg
Mountain Dew (12 fl oz)	54mg
Red Bull (8.46 fl oz)	80mg
Rockstar Original (16 fl oz)	160mg
Prime Energy (12 fl oz)	200mg
Bang Energy (16 fl oz)	300mg
Starbucks Grande Coffee (16 fl oz)	310mg
Diurex Water Pills (1 pill)	50mg
Midol (1 caplet)	60mg
Excedrin (1 caplet)	65mg
No Doz (1 Caffeine Capsule)	200mg
Hydroxycut Hardcore (1 Capsule)	270mg

Non-Caffeine Stimulants

These products are used alone or in combination with caffeine, and can increase caffeine adverse effects.

- Ephedra , ephedrine, ma-hung
- Citrus aurantium or bitter orange

Adverse Effects

Excessive caffeine intake can lead to:

- Nausea, vomiting, diarrhea
- Nervousness, tremor
- Insomnia, restlessness, delirium
- Headache, seizures
- Changes in heart beat/rhythm

Withdrawal Effects

Usually occur 12 to 24 hours after stopping caffeine.

- Headaches
- Depression, irritability
- Drowsiness, fatigue
- Difficulty concentrating
- Muscle pain or stiffness