Important Key Points about Caffeine and Other Stimulants

- Caffeine and non-caffeine stimulants are found in many drinks and foods, over-the-counter (OTC) medications and weight loss with energy supplements
- Teens should limit caffeine intake to 100mg per day and avoid other stimulants
- Adults should limit caffeine intake to 200-300mg per day and avoid other stimulants
- Symptoms of poisoning include: nausea, vomiting, nervousness, tremor, insomnia, restlessness, delirium, headache, diarrhea, seizures and abnormal heart beat/rhythm
- Contact the 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

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

Sponsored by:

- Your independent Foodland Retailer locally owned and operated in Charleston, WV
- Buzz Food Service of Charleston, WV

EnErgy EnhancErs

Boost or Bust?

What do these products have in common?

West Virginia Poison Center Emergency Line

1-800-222-1222 Statewide

***Pictures above represent ONLY a few examples of caffeine-containing products.***
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
- Guaranine or Guarana
- Mateine
- Theine
- Methylxantine
- 3,7-trimethylxanthine

How much caffeine?!

<table>
<thead>
<tr>
<th>Item</th>
<th>Caffeine (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haagen-Daz Coffee Ice Cream (4 oz)</td>
<td>24mg</td>
</tr>
<tr>
<td>Hershey Special Dark Chocolate (1 bar)</td>
<td>31mg</td>
</tr>
<tr>
<td>Snickers Charged (1 bar)</td>
<td>60mg</td>
</tr>
<tr>
<td>Starbucks Decaf (8 fl oz)</td>
<td>15mg</td>
</tr>
<tr>
<td>Lipton Iced Tea with Lemon (8 fl oz)</td>
<td>20mg</td>
</tr>
<tr>
<td>Coca-Cola Classic (8 fl oz)</td>
<td>23mg</td>
</tr>
<tr>
<td>Pepsi (8 fl oz)</td>
<td>25mg</td>
</tr>
<tr>
<td>Sunkist Orange Soda (8 fl oz)</td>
<td>27mg</td>
</tr>
<tr>
<td>Diet Coke (8 fl oz)</td>
<td>31mg</td>
</tr>
<tr>
<td>Lipton Brisk Green Tea (8 fl oz)</td>
<td>32mg</td>
</tr>
<tr>
<td>Mountain Dew (8 fl oz)</td>
<td>36mg</td>
</tr>
<tr>
<td>Diet Pepsi Max (8 fl oz)</td>
<td>46mg</td>
</tr>
<tr>
<td>Amp Energy (8 fl oz)</td>
<td>71mg</td>
</tr>
<tr>
<td>Red Bull (8.3 fl oz)</td>
<td>80mg</td>
</tr>
<tr>
<td>RockStar Original (8 fl oz)</td>
<td>80mg</td>
</tr>
<tr>
<td>Starbucks Short (8 fl oz)</td>
<td>180mg</td>
</tr>
</tbody>
</table>

Non-Caffeine Stimulants

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

- Ephedra, ephedrine, ma-huang
- Citrus aurantium or bitter orange (also known as synephrine)

Adverse Effects

Excessive caffeine intake can lead to:

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

Withdrawal Symptoms

Can occur 12 to 24 hours after stopping caffeine:

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