

## 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

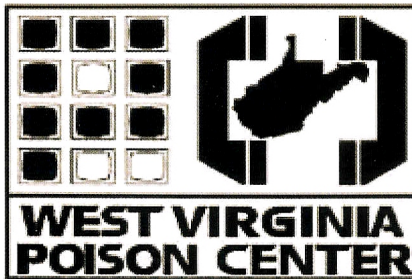
- Some think that taking caffeine after consuming alcohol makes it safe to operate a motor vehicle – *this is false*

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# EnErgy EnhancErs

## *Boost or Bust?*

What do these products  
have in common?



**West Virginia  
Poison Center  
Emergency Line**

**1-800-222-1222**

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

## Caffeine: Food or Drug?

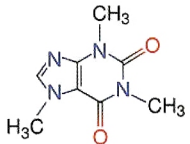
Caffeine is a stimulating **drug** that is used to increase energy, enhance mood, and delay sleep. It is a drug found in a number of foods including:

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

## How much caffeine?!?

Haagen-Daz Coffee Ice Cream (4 oz)	24mg
Hershey Special Dark Chocolate (1 bar)	31mg
Snickers Charged (1 bar)	60mg
Starbucks Decaf (8 fl oz)	15mg
Lipton Iced Tea with Lemon (8 fl oz)	20mg
Coca-Cola Classic (8 fl oz)	23mg
Pepsi (8 fl oz)	25mg
Sunkist Orange Soda (8 fl oz)	27mg
Diet Coke (8 fl oz)	31mg
Lipton Brisk Green Tea (8 fl oz)	32mg
Mountain Dew (8 fl oz)	36mg
Diet Pepsi Max (8 fl oz)	46mg
Amp Energy (8 fl oz)	71mg
Red Bull (8.3 fl oz)	80mg
RockStar Original (8 fl oz)	80mg
Starbucks Short (8 fl oz)	180mg
Midol Maximum Strength (1 Caplet)	60mg
Extra Strength Excedrin (1 Caplet)	65mg
Hydroxycut (1 Capsule)	200mg
No Doz (1 Capsule)	200mg
Stacker 2 Ephedra Free (1 Capsule)	200mg

## 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