



# CAFFEINE & YOU

## EFFECTS OF CAFFEINE

Caffeine may give you a boost but that energy won't last. Enjoying a cup of morning coffee should be fine, but it's recommended you be cautious throughout the day and consume caffeine in moderation.




LEAST

 **DECAF**  
2-5 MG of CAFFEINE • 8 OZ.

**INSTANT**  
~63 MG of CAFFEINE • 8 OZ.



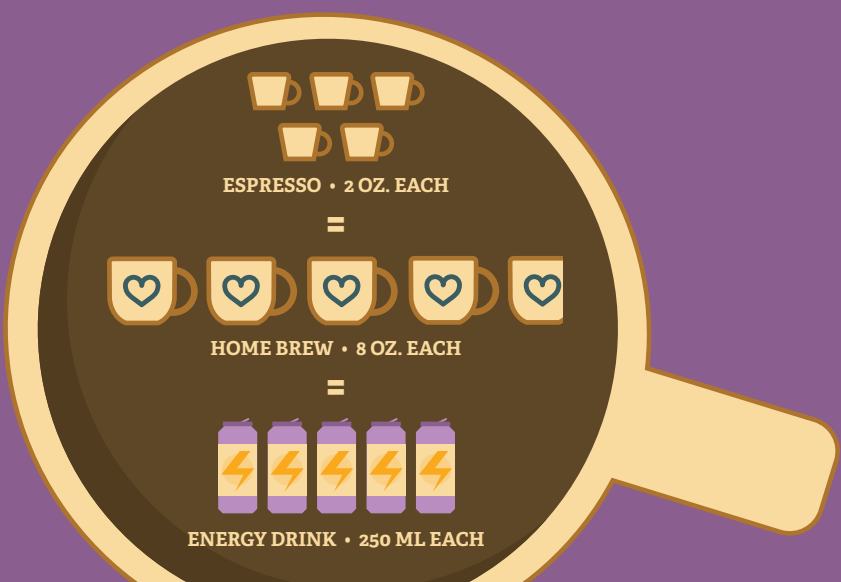
 **LATTE or MOCHA**  
63-126 MG of CAFFEINE • 8 OZ.

**HOME BREW**  
95-165 MG of CAFFEINE • 8 OZ.



MOST

 **ESPRESSO**  
47-64 MG of CAFFEINE • 1 OZ.



LIMIT CAFFEINE INTAKE TO  
**<400 MG**  
OF CAFFEINE A DAY.

CAFFEINE WITHDRAWAL MAY CAUSE:  
**SLEEPINESS,**  
DEPRESSED MOOD,  
TREMORS AND MORE

**PREGNANT WOMEN**  
SHOULD LIMIT CAFFEINE INTAKE TO  
**<200 MG A DAY**  
TO AVOID FETAL DEVELOPMENTAL ISSUES

**TOO MUCH CAFFEINE**  
MAY CAUSE  
**VOMITING, DIARRHEA**  
AND OTHER ISSUES

