

UP TO 90% OF ADULT AMERICANS CONSUME CAFFEINE EVERYDAY. MOST COMMONLY, THE CAFFEINE IS IN COFFEE, TEA, SOFT DRINKS, AND CHOCOLATE. THIS ADDS UP TO AN AVERAGE OF ABOUT 280 mg OF CAFFEINE PER DAY, OR THE EQUIVALENT OF ABOUT TWO CUPS OF COFFEE. MANY PEOPLE WHO COMSUME CAFFEINE ON A REGULAR BASIS REPORT THAT THEY EXPERIENCE A VARIETY OF UNPLEAS-ANT SYMPTOMS WHEN THIS POPULAR STIMULANT IS WITH-DRAWN, SIMILAR TO THE SYMPTOMS FELT WITH THE WITH-DRAWAL OF OTHER ADDICTIVE SUBSTANCES.

CAFFEINE KICKS IN AFTER 15-20 MINUTES THE EFFECTS OF CAFFEINE CAN LAST 8-14 HOURS,

DEPENDING ON THE PERSON



330 mg

OF CAFFEINE IN

A STARBUCKS

COFFEE

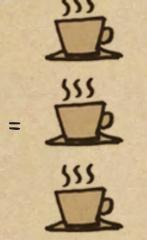
DECAF COFFEE

MOCHA

AMERICANO

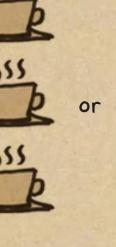
ESPRESSO

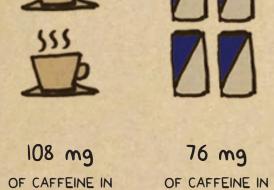
LATTE/CAPPUCCINO 9.4 mg



EACH CUP OF GENERIC

COFFEE GRANDE(160z) BREWED COFFEE(80z)



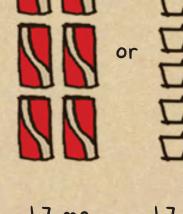




EACH CAN OF

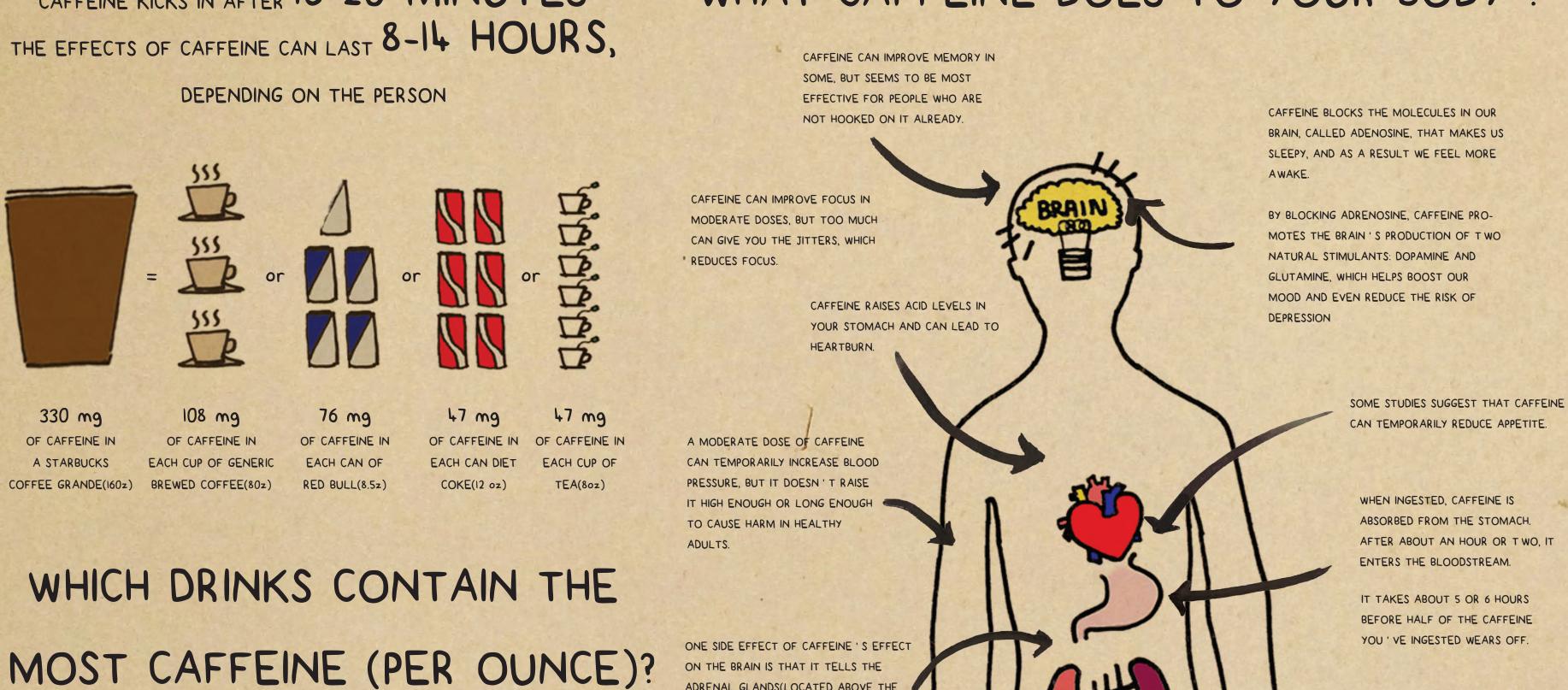
RED BULL(8.5z)

WHICH DRINKS CONTAIN THE

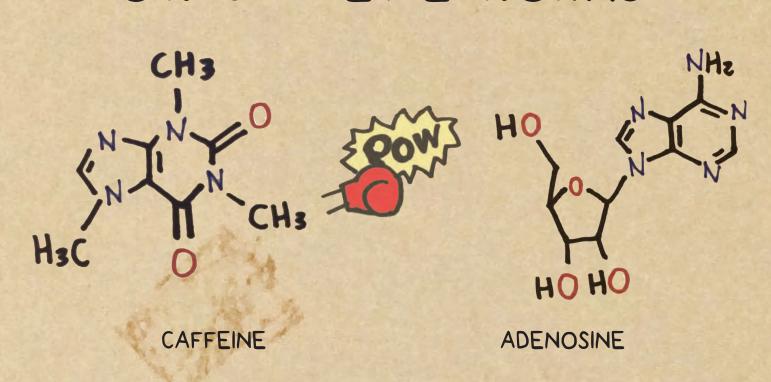


47 mg 47 mg OF CAFFEINE IN OF CAFFEINE IN EACH CUP OF EACH CAN DIET COKE(12 oz) TEA(80z)

WHAT CAFFEINE DOES TO YOUR BODY?



HOW CAFFEINE WORKS ?



STRUCTURALLY, CAFFEINE CLOSELY RESEMBLES A MOLECULE THAT'S NATURALLY PRESENT IN OUR BRAIN, CALLED ADENOSINE, IN FACT, THAT CAFFEINE CAN FIT NEATLY INTO OUR BRAIN CELLS ' RECEP-TORS FOR ADENOSINE, EFFECTIVELY BLOCKING THEM OFF. NORMALLY, THE ADENOSINE PRODUCED OVER TIME LOCKS INTO THESE RECEPTORS AND PRODUCES A FEELING OF TIREDNESS

CAFFEINE SAFE LIMITS:

FOR HEALTHY ADULTS WITH NO MEDICAL ISSUES, IT IS GENERALLY AGREED UPON THAT 300MG-400MG OF CAFFEINE CAN BE CONSUMED DAILY WITHOUT ANY ADVERSE EFFECTS.

SAFE DANGER in milligrams

LOW



MODERATE



HIGH



600

EXTREME



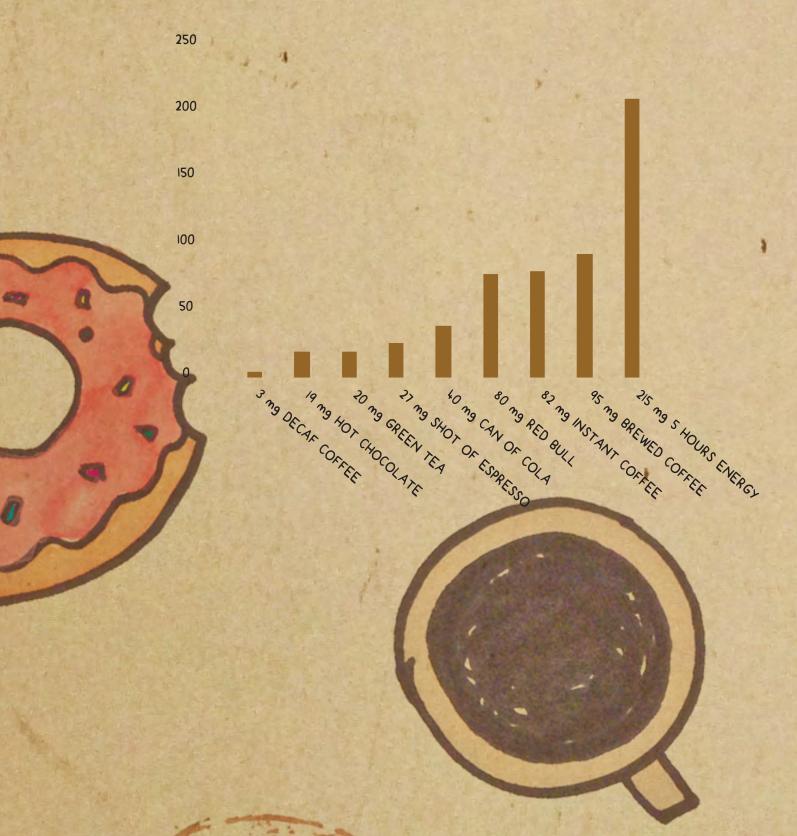
TEA -	
HERBARL TEA	0 mg
OOLONG TEA	3.3 mg
BLACK TEA	5.9 mg
GREEN TEA	8.8 mg

SODA —		V-5	No.	2000
COKE	2.8 mg			
PEPSI	3.2 mg			
DIET COKE	3.8 mg			
MOUNTAIN DEW	4.5 mg			

THE 15 MOST CAFFEINATED CITIES IN THE U.S



OVERALL AMOUNT OF CAFFEINE (PER CUP)



SEATTLE

2 PORTLAND

3 SANJOSE

DENVER

ADRENAL GLANDS(LOCATED ABOVE THE

KIDNEYS) TO FLOOD THE BODY WITH

ADRENALINE, WHICH MAKES US MORE

IRRITABLE AND EMOTIONALLY CHARGED

6 CHICAGO

PHOENIX

8 LOS ANGELES

9 NEW YORK

WASHINGTON D.C.

SAN DIEGO

13 - MIAMI

MINNEAPOLIS

HOUSTON

HOW MUCH CAFFEINE IS IN YOUR CHAIN BRAND COFFEE?







10.4 mg/fl.oz 12.5 mg/fl.oz



9.1 mg/fl.oz









CARIBOU COFFEE 15 mg/fl.oz



PEET'S BREWED COFFEE

16.7 mg/fl.oz



STARBUCKS 20.6 mg/fl.oz

12.8 mg/fl.oz







DEATHWITH COFFEE 54.2 mg/fl.oz

