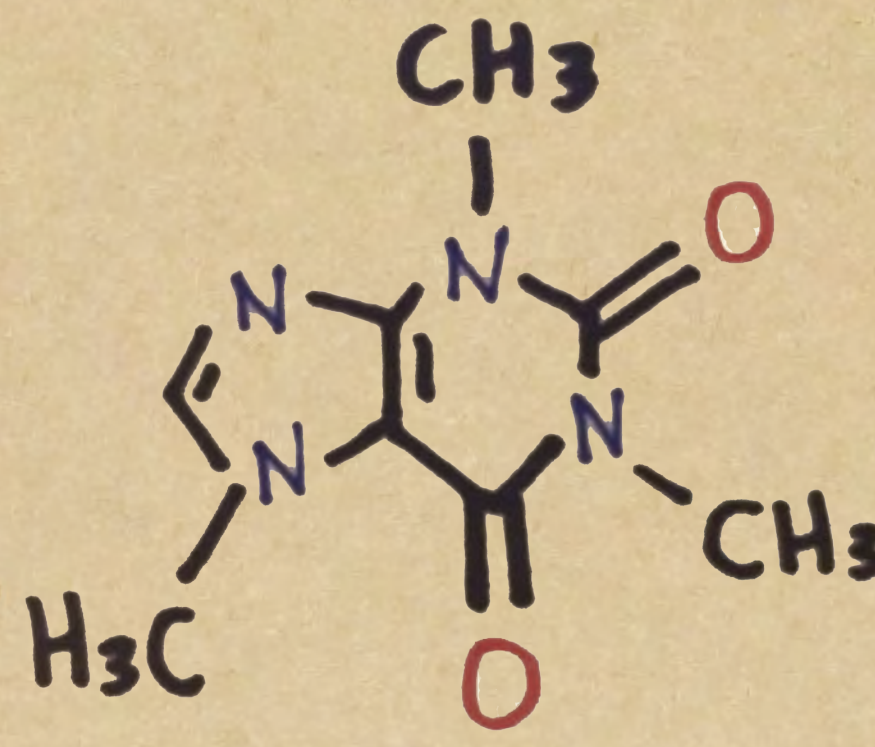
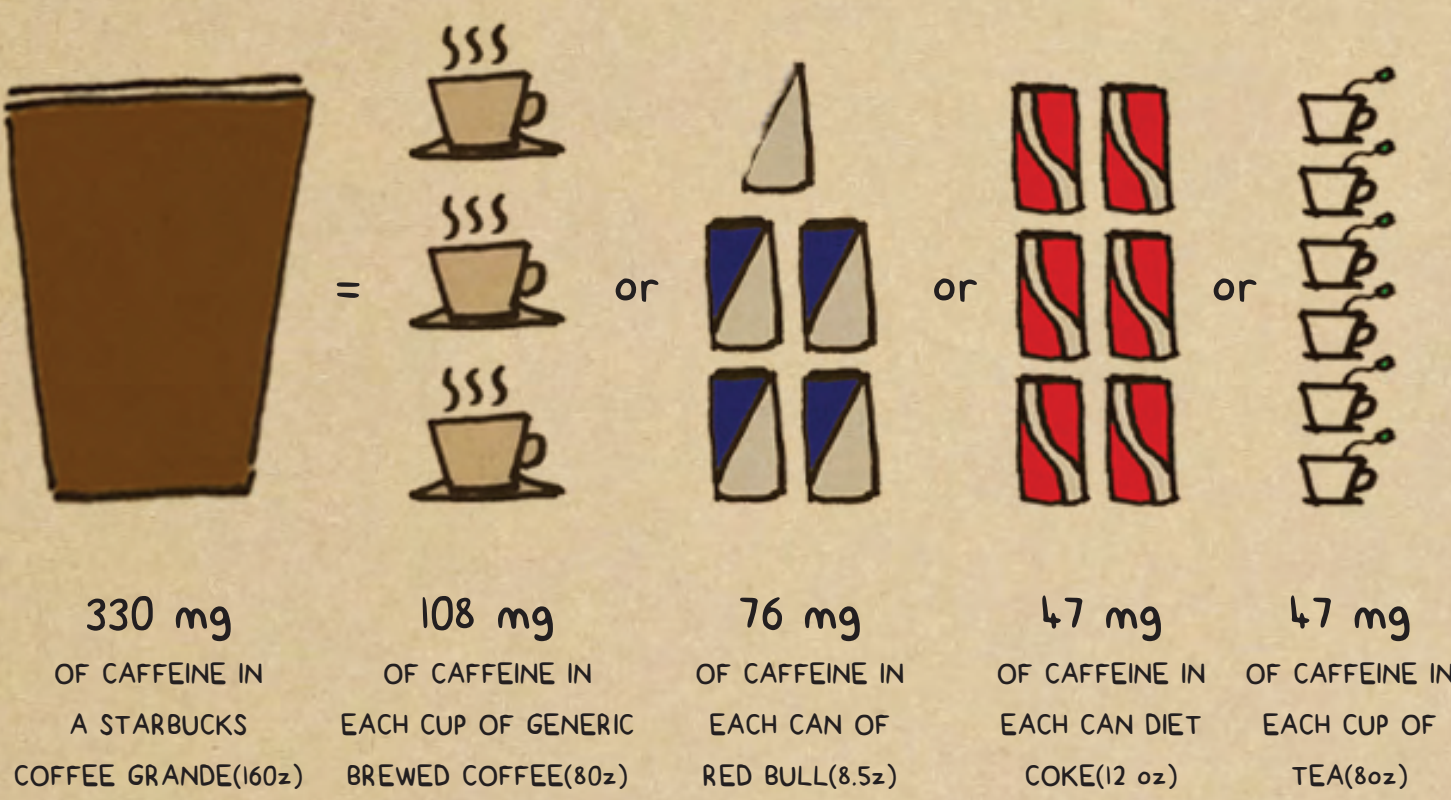


# CAFFEINE ADDICTION

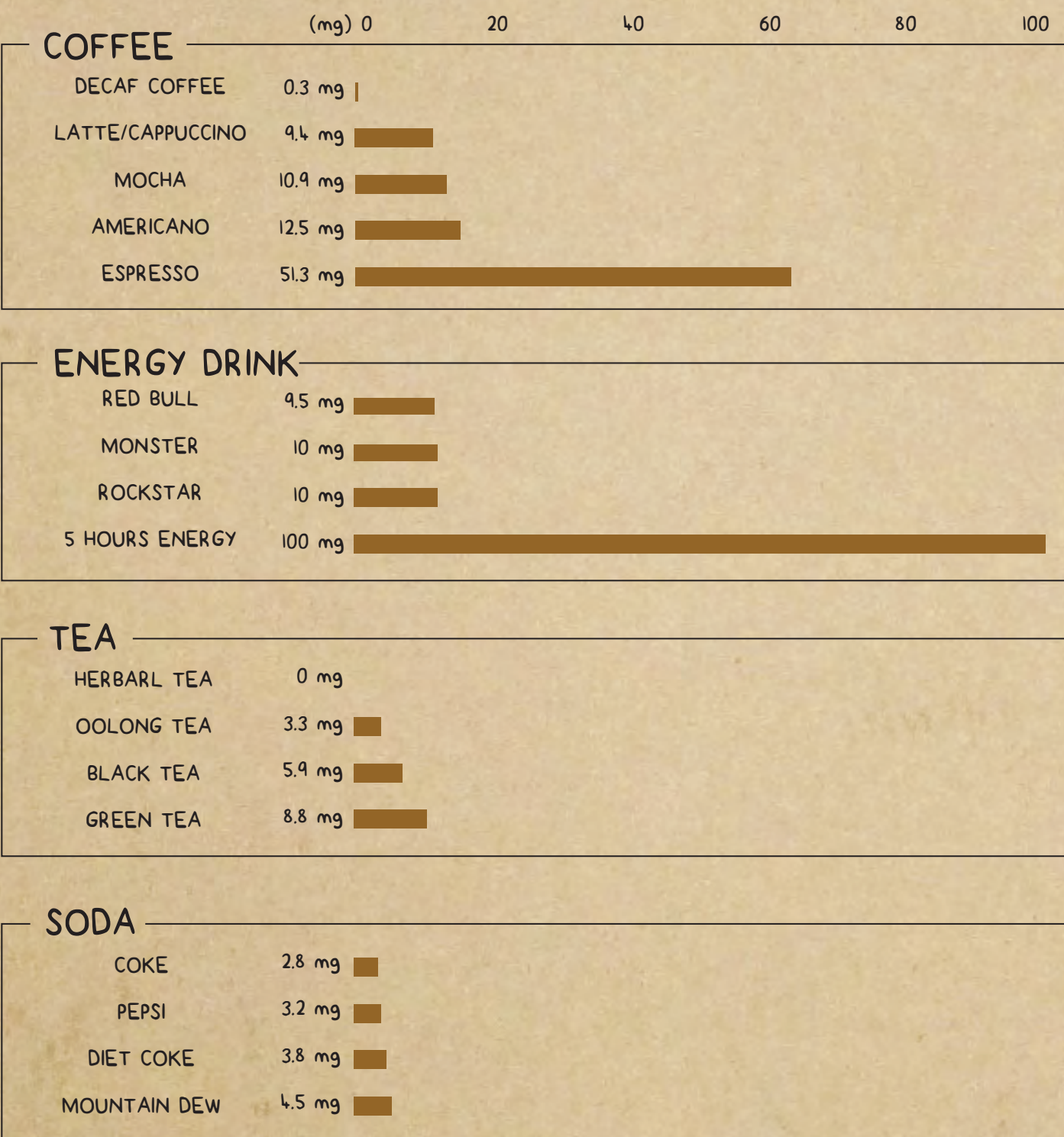


UP TO 90% OF ADULT AMERICANS CONSUME CAFFEINE EVERYDAY. MOST COMMONLY, THE CAFFEINE IS IN COFFEE, TEA, SOFT DRINKS, AND CHOCOLATE. THIS ADDS UP TO AN AVERAGE OF ABOUT 280 mg OF CAFFEINE PER DAY, OR THE EQUIVALENT OF ABOUT TWO CUPS OF COFFEE. MANY PEOPLE WHO CONSUME CAFFEINE ON A REGULAR BASIS REPORT THAT THEY EXPERIENCE A VARIETY OF UNPLEASANT SYMPTOMS WHEN THIS POPULAR STIMULANT IS WITHDRAWN, SIMILAR TO THE SYMPTOMS FELT WITH THE WITHDRAWAL OF OTHER ADDICTIVE SUBSTANCES.

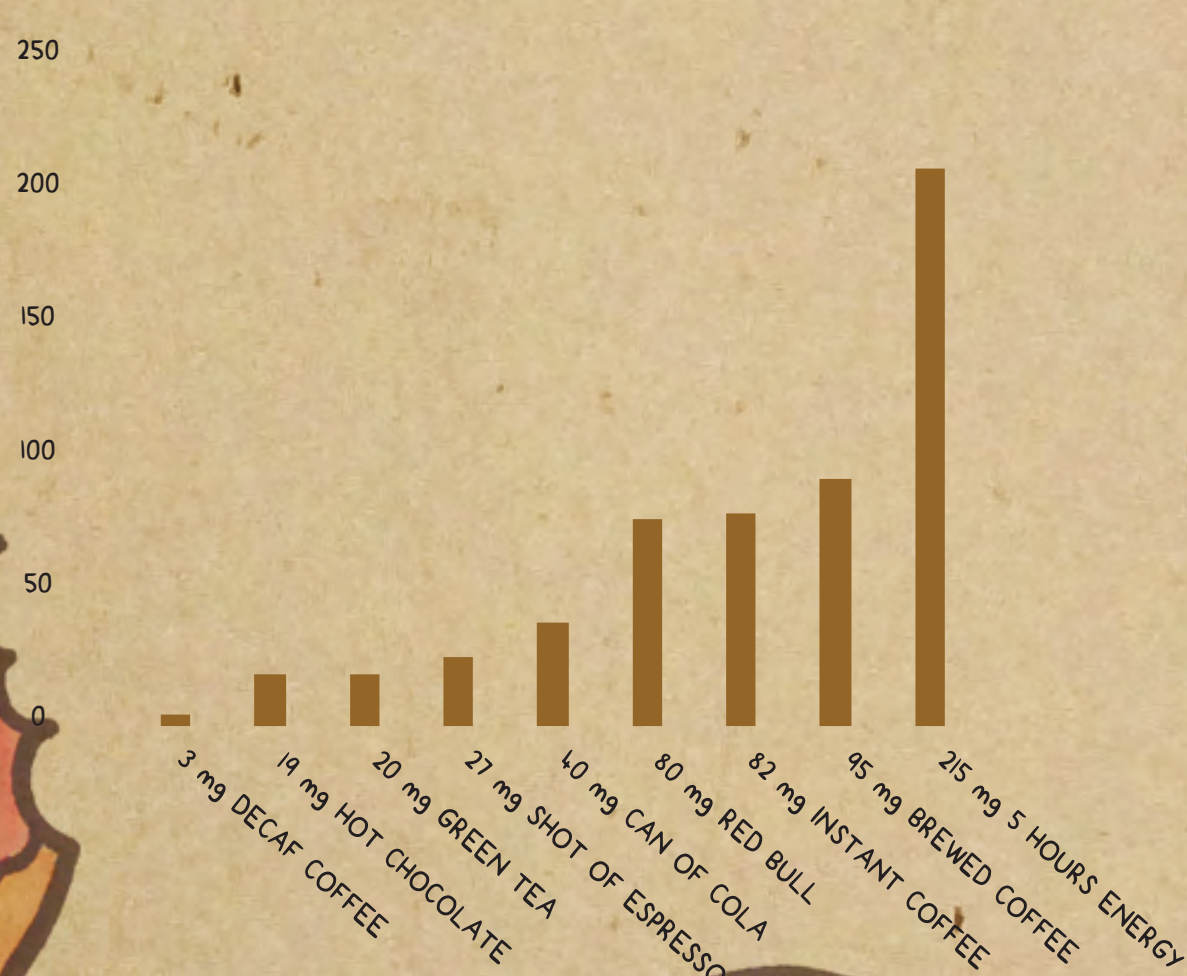
CAFFEINE KICKS IN AFTER 15-20 MINUTES  
THE EFFECTS OF CAFFEINE CAN LAST 8-14 HOURS,  
DEPENDING ON THE PERSON



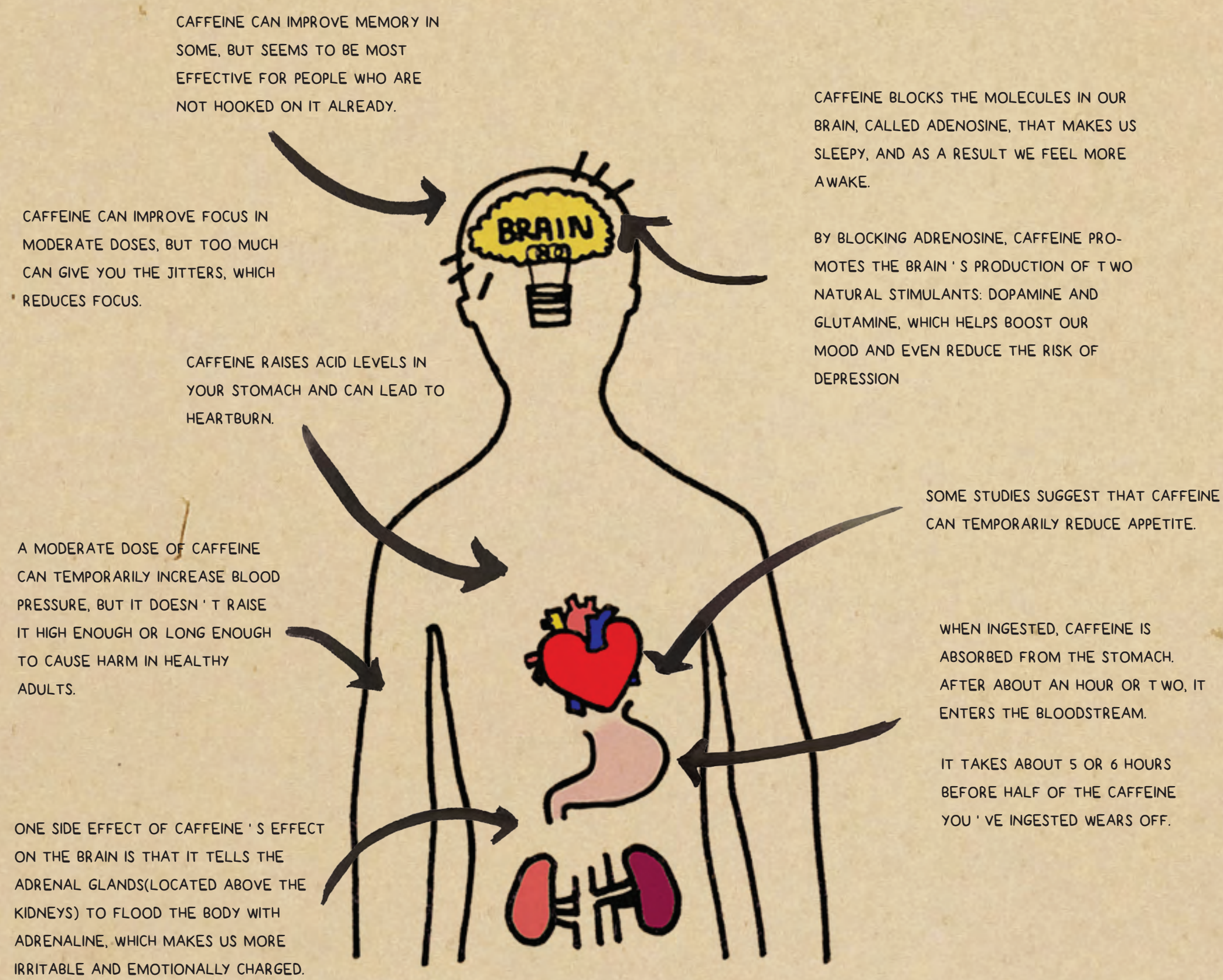
## WHICH DRINKS CONTAIN THE MOST CAFFEINE (PER OUNCE)?



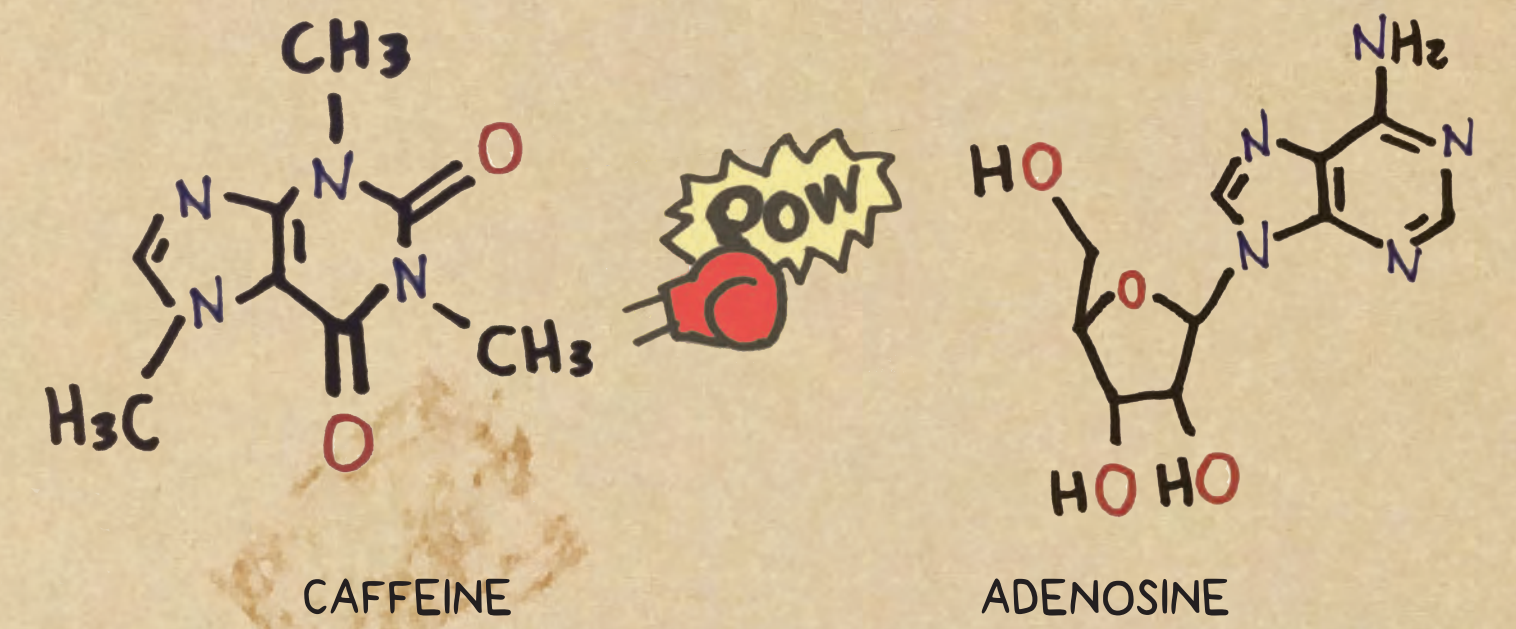
## OVERALL AMOUNT OF CAFFEINE (PER CUP)



## WHAT CAFFEINE DOES TO YOUR BODY ?



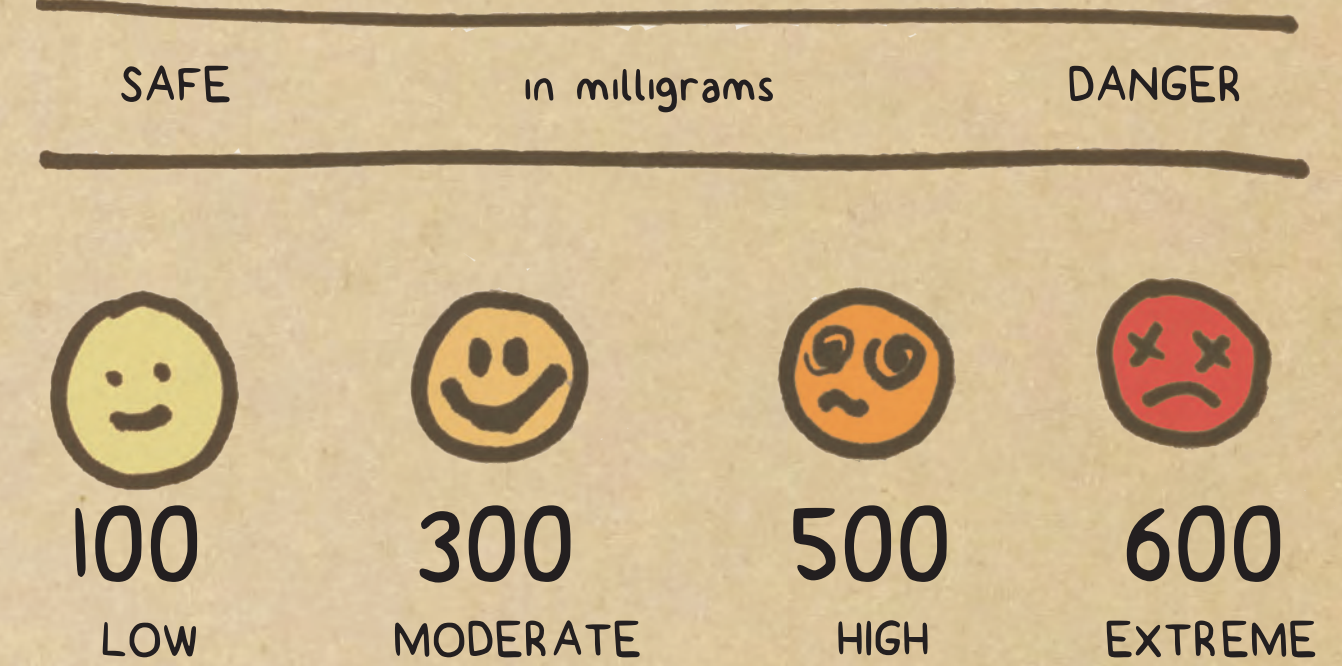
## HOW CAFFEINE WORKS ?



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' RECEPTORS 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.



## THE 15 MOST CAFFEINATED CITIES IN THE U.S



- 1 SEATTLE
- 2 PORTLAND
- 3 SANJOSE
- 4 DENVER
- 5 SAN FRANCISCO
- 6 CHICAGO
- 7 PHOENIX
- 8 LOS ANGELES
- 9 NEW YORK
- 10 BOSTON
- 11 WASHINGTON D.C.
- 12 SAN DIEGO
- 13 MIAMI
- 14 MINNEAPOLIS
- 15 HOUSTON

## HOW MUCH CAFFEINE IS IN YOUR CHAIN BRAND COFFEE?

