

# CAFFEINE

## WHAT YOU NEED TO KNOW

### What is it?

**Caffeine is a stimulant**

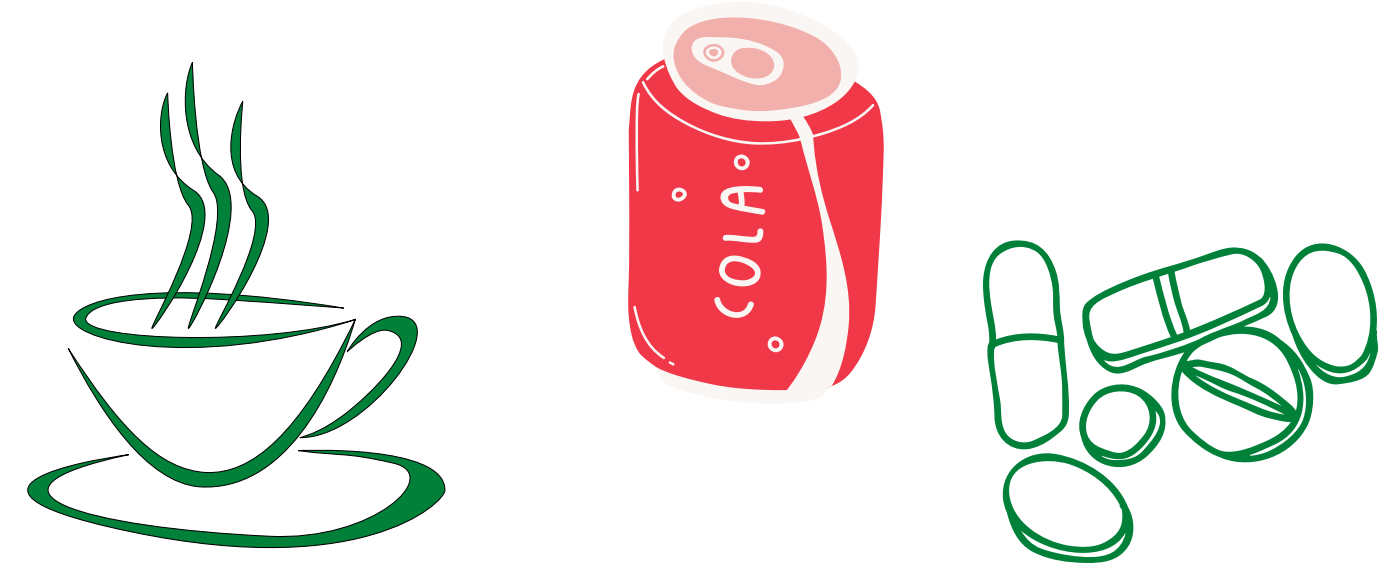


Caffeine comes from over 60 species of plants. It is widely used for its energizing effect. Some common forms of caffeine include coffee, tea, soda, and energy drinks (e.g., Red Bull, Monster, Rockstar). Caffeine may also be seen as a pill or tablet.

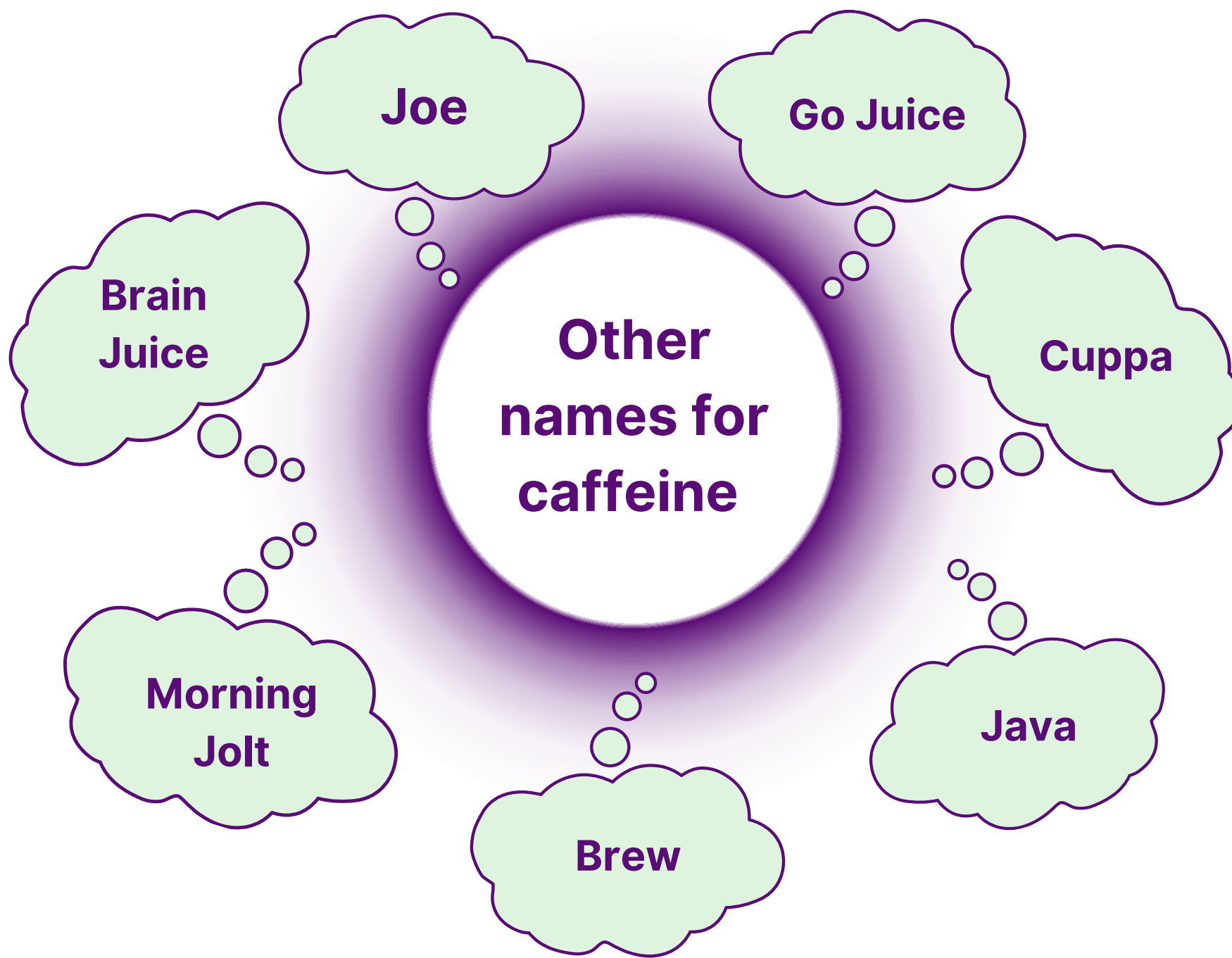
### How is it used?

Caffeine is consumed through different types of foods and drinks, such as coffee, chocolate, and cola soft drinks.

Some people crush caffeine tablets and snort through the nose, which can be dangerous.



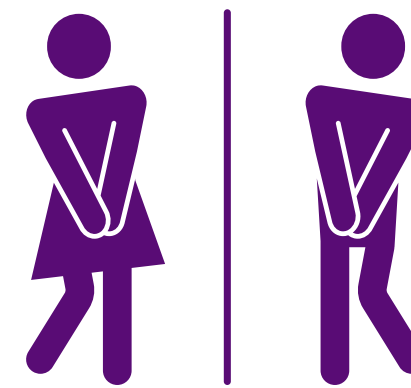
#### Other names for caffeine



### What are the effects?



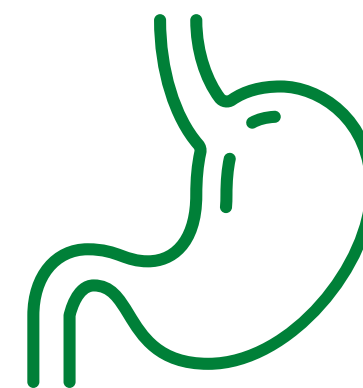
Caffeine makes you very alert, but this can make it difficult to sleep at night.



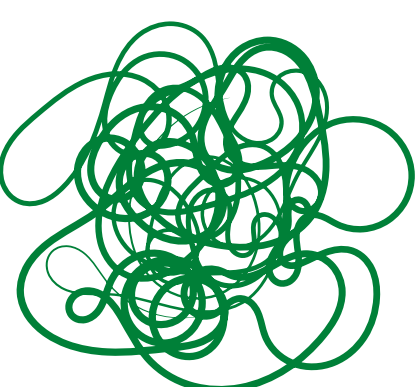
Caffeine may make you pee more often.



Caffeine can increase your blood pressure and heart rate. This puts extra stress on your heart.



Some people find that caffeine gives them an upset stomach.



Sometimes the stimulating effect of caffeine can cause you to feel anxious and jittery.



With regular use, you may get a headache and feel irritable if you don't have caffeine. It may be hard to get through your day without it.

# CAFFEINE

## When do you seek emergency help?



**Caffeine poisoning or overdose:** Consuming a toxic level of caffeine can lead to poisoning or overdose, with the threshold varying among individuals.

**Signs:** Shakiness all over the body, being short of breath, anxious, and nauseous. More serious signs are confusion, hallucinations, and seizures.

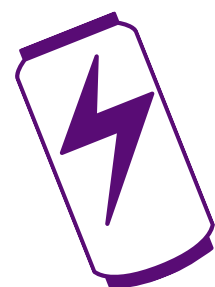
**Get help right away!** Caffeine poisonings or overdoses can be very dangerous.

### Did you know?

A cup of coffee has about 135 mg of caffeine.

An energy drink can have up to 180 mg of caffeine.

The maximum caffeine dose for an adult is 400 mg per day. It's much less for a child.



## How to stay safer

- 1 **Avoiding caffeine** use is the best way to stay safe, but that may not be realistic for everybody.
- 2 **Start low and go slow:** Too much at once can lead to severe side effects
- 3 **Avoid mixing with other drugs.** Mixing caffeine with alcohol can mask the effects of alcohol. Having several substances with caffeine or stimulating effects can lead to more side effects.
- 4 **Use in Moderation.** Your body can become dependent with regular use.
- 5 Avoid having caffeine later in the day. Late use can make it hard to sleep at night.

## ENERGY DRINKS: NOT JUST CAFFEINE

Energy drinks have sugar- often just as much (or more!) than soda

Amount of sugar in 1 serving (473 mLs):

**Redbull: 51 grams**

**Pepsi: 55 grams**

**Monster: 54 grams**

**Sprite: 51 grams**



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