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metabolism of caffeine, and its

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Caffeine has been shown clinically to induce a variety of positive effects that have contributed to its extensive use worldwide. Caffeine use has been associated with increased alertness and enhanced physical performance, and as a countermeasure to the effects of sleep deprivation.

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Research. National Academies Press,
Dec 7, 2001 - Medical - 171 pages. 0
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As stated in Chapter 1, caffeine is the
most widely used central nervous

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system (CNS) stimulant in the world. It has numerous pharmacological and physiological effects, including cardiovascular, respiratory, renal, and smooth muscle effects, as well as effects on mood, memory, alertness, and physical and cognitive performance.

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Recommended Amounts. In the U.S.,
adults consume an average of 135 mg
of caffeine daily, or the amount in 1.5

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cups of coffee (1 cup = 8 ounces). [5]

The U.S. Food and Drug Administration considers 400 milligrams (about 4 cups brewed coffee) a safe amount of caffeine for healthy adults to consume daily.

Caffeine | The Nutrition Source |

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You might need another dose of
caffeine after 3–4 hours to help you

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stay alert or active for a long period of time. However, add up all the sources of caffeine you consume from beverages, foods, and supplements, and do not exceed 600 mg of caffeine per day (or 800 mg for sustained operations).

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