



WHAT IS IT?

Caffeine is a mild stimulant that is naturally sourced from coffee, tea, and chocolate. Some people use caffeine supplements as a performance enhancement for exercise or athletic events.

COMMON USAGE

Athletes often consume caffeine to increase alertness, energy, and performance. It reduces perception of fatigue.

PROPER DOSE

Proper dosage is about 1-3 milligrams per kilogram of body weight-60 minutes before or during event. Caffeine intake should not exceed more than 400 mg per day.

SIDE EFFECTS

Research shows that caffeine seems to be safe. Caffeine should not be used for children. Side effects include increased heart rate, shakiness, anxiety, GI upset, and sleep disturbances.

PRACTICAL APPLICATION

It is important to talk to your registered dietitian before choosing a caffeine supplement not only for your health, but also to ensure that you are consuming permissible amounts in your sport, if competing. Many caffeine supplements contain unnecessary ingredients and caffeine in too high amounts that could contribute to unwanted side effects. Naturally sourced caffeine in beverages like coffee and tea are optimal in many cases.

WHAT DOES THE RESEARCH SAY?

Caffeine may positively enhance performance due to reducing perceived effort and perceived fatigue in exercise. Many people think caffeine has a fat burning effect and protects energy stores, but research shows that these are myths.

REFERENCES

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