



# Caffeine Supplement



## HOW MUCH IS TOO MUCH?

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If you exceed urinary caffeine levels above **15 ug/mL** you may test **POSITIVE** for a **drug test**. The caffeine content of coffee and other drinks is variable, so ask your dietitian if you are concerned about how much caffeine you drink.

**Depending on the sport and the individual, caffeine may provide performance benefits when consumed in small quantities.**

RECOMMENDED AMOUNT:

**3-6 mg/kg of body weight, consumed 60 minutes before exercise**

**125 LBS=**  
**170-300 MG**

**150 LBS=**  
**204-350 MG**

**175 LBS=**  
**238-425 MG**

**200 LBS=**  
**272-500 MG**

## SIDE EFFECTS:

- **FEELING SHAKY**
- **FAST HEART RATE**
- **TROUBLE SLEEPING**
- **UPSET STOMACH**
- **FREQUENT URINATION**