Caffeine

URL of this page: http://www.nlm.nih.gov/medlineplus/caffeine.html

Caffeine is a bitter substance found in coffee, tea, soft drinks, chocolate, kola nuts, and certain medicines. It has many effects on the body’s metabolism, including stimulating the central nervous system. This can make you more alert and give you a boost of energy.

For most people, the amount of caffeine in two to four cups of coffee a day is not harmful. However, too much caffeine can make you restless, anxious, and irritable. It may also keep you from sleeping well and cause headaches, abnormal heart rhythms, or other problems. If you stop using caffeine, you could get withdrawal symptoms.

Some people are more sensitive to the effects of caffeine than others. They should limit their use of caffeine. So should pregnant and nursing women. Certain drugs and supplements may interact with caffeine. If you have questions about whether caffeine is safe for you, talk with your health care provider.

Start Here


Overviews

- Caffeine Content for Coffee, Tea, Soda and More [http://www.mayoclinic.com/print/caffeine/AN01211/METHOD=print] (Mayo Foundation for Medical Education and Research)

Latest News


Related Issues

- Caffeinated Alcoholic Beverages [http://www.cdc.gov/alcohol/fact-sheets/cab.htm] (Centers for Disease Control and Prevention)
- Caffeine and Heart Disease [http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyDietGoals/Caffeine-and-Cardiovascular-Disease_UCM_305888_Article.jsp] (American Heart Association)
- Caffeine and Migraine [http://www.achenet.org/resources/caffeine_and_migraine/] (American Headache Society, Committee on Headache Education)
- Caffeine: How Does It Affect Blood Pressure? [http://www.mayoclinic.com/print/blood-pressure/AN00792/METHOD=print] (Mayo Foundation for Medical Education and Research)
- Serious Concerns Over Alcoholic Beverages with Added Caffeine [http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm233987.htm] (Food and Drug Administration)
Videos
- Caffeine and Sleep [http://healthysleep.med.harvard.edu/video/sleep07_epstein_caffeine] (Harvard Medical School)

Clinical Trials

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Organizations
- National Institute of Environmental Health Sciences [http://www.niehs.nih.gov] NIH

Statistics
- Update on Emergency Department Visits Involving Energy Drinks [http://www.samhsa.gov/data/2k13/DAWN126/sr126-energy-drinks-use.htm] (Substance Abuse and Mental Health Services Administration)

Children
- Caffeine Confusion [http://kidshealth.org/kid/stay_healthy/food/caffeine.html] (Nemours Foundation)

Teenagers
- Caffeine [http://kidshealth.org/teen/food_fitness/nutrition/caffeine.html] (Nemours Foundation)

Women
  Also available in Spanish [http://www.nacersano.org/centro/9246_9631.asp]

Patient Handouts
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/002445.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/002579.htm]

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