

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

- Caffeine and Your Body
[<http://www.fda.gov/downloads/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/UnderstandingOver-the-CounterMedicines/UCM205286.pdf>] (Food and Drug Administration) - PDF

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)
- Caffeine: How Much Is Too Much? [<http://www.mayoclinic.com/health/caffeine/NU00600/METHOD=print>] (Mayo Foundation for Medical Education and Research)

Latest News

- Common Meds with Caffeine May Be Linked to Stroke
[http://www.nlm.nih.gov/medlineplus/news/fullstory_138177.html] (06/25/2013, Reuters Health)

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: Can It Help Me Lose Weight? [<http://www.mayoclinic.com/health/caffeine/HQ00369/METHOD=print>] (Mayo Foundation for Medical Education and Research)
- 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

- ClinicalTrials.gov: Caffeine [<http://clinicaltrials.gov/search/open/intervention=caffeine>] **NIH** (National Institutes of Health)

Journal Articles

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

- Article: Long-term alcohol and caffeine intake and risk of sudden cardiac... [<http://www.ncbi.nlm.nih.gov/pubmed/23615825?tool=MedlinePlus>]
- Article: Coffee and caffeine intake and breast cancer risk: an updated... [<http://www.ncbi.nlm.nih.gov/pubmed/23535278?tool=MedlinePlus>]
- Article: Use of caffeinated substances and risk of crashes in long... [<http://www.ncbi.nlm.nih.gov/pubmed/23511947?tool=MedlinePlus>]
- Caffeine -- see more articles [[http://www.ncbi.nlm.nih.gov/pubmed?term=caffeine\[majr\]+AND+humans\[mh\]+AND+english\[la\]+AND+\(review\[pt\]+OR+guideline\[pt\]+OR+clinical+trial\[pt\]+OR+jsubsetk\[text\]+OR+jsubsetaim\[text\]+OR+jsubsetn\[text\]+OR+patient+education+handout\[pt\]\)+NOT+\(letter\[pt\]+OR+editorial\[pt\]\)+AND+%22last+1+Year%22\[edat\]&tool=MedlinePlus](http://www.ncbi.nlm.nih.gov/pubmed?term=caffeine[majr]+AND+humans[mh]+AND+english[la]+AND+(review[pt]+OR+guideline[pt]+OR+clinical+trial[pt]+OR+jsubsetk[text]+OR+jsubsetaim[text]+OR+jsubsetn[text]+OR+patient+education+handout[pt])+NOT+(letter[pt]+OR+editorial[pt])+AND+%22last+1+Year%22[edat]&tool=MedlinePlus)]

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 and Your Child [http://kidshealth.org/parent/growth/feeding/child_caffeine.html] (Nemours Foundation)
- 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)
- Hidden Caffeine [<http://www.healthychildren.org/English/ages-stages/teen/nutrition/Pages/Hidden-Caffeine.aspx>] (American Academy of Pediatrics)

Women

- Caffeine in Pregnancy [http://www.marchofdimes.com/pregnancy/nutrition_caffeine.html] (March of Dimes Birth Defects Foundation)
Also available in Spanish [http://www.nacersano.org/centro/9246_9631.asp]

Patient Handouts

- Caffeine in the diet [<http://www.nlm.nih.gov/medlineplus/ency/article/002445.htm>]
Also available in Spanish [<http://www.nlm.nih.gov/medlineplus/spanish/ency/article/002445.htm>]
- Caffeine overdose [<http://www.nlm.nih.gov/medlineplus/ency/article/002579.htm>]
Also available in Spanish [<http://www.nlm.nih.gov/medlineplus/spanish/ency/article/002579.htm>]

You may also be interested in these related encyclopedia pages:

- Caffeine in the diet [<http://www.nlm.nih.gov/medlineplus/ency/article/002445.htm>]
- Caffeine overdose [<http://www.nlm.nih.gov/medlineplus/ency/article/002579.htm>]

You may also be interested in these related MedlinePlus topics:

- Food and Nutrition [<http://www.nlm.nih.gov/medlineplus/foodandnutrition.html>]

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